

2015 GROOMING AWARDS P86

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# Men's Health®

MALAYSIA'S NO.1 MEN'S LIFESTYLE MAGAZINE

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# LEAN HARD FIT & FAST!

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THAN EVER!  
- INSTANT STYLE  
UPGRADES

ADD  
YEARS  
TO YOUR  
LIFE  
IN 60 SECONDS!

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# illuminated energy pack

Capturing the unique seasonal designs of adidas performance products, the illuminated energy pack brings a brilliance and cool-factor to the fall offering that will perfectly balance the more serious concept; bringing an element of fashion and vibrancy to the season. These collections will be available in select retailers nationwide starting this Fall.

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# NAVIGATE THE CITY

**Invoke adventure into your everyday with the Subaru XV – make even the most mundane trip memorable**



Congrats, it's time for you to level up and embrace the wheels that'll forever transform how you navigate dense cityscapes: the Subaru XV. We took out the versatile crossover for a spin to Sasana Kijang and we're keen to share how the car fared. Bracing Kuala Lumpur's rush hour traffic was never smoother and, dare we say it, comfortable due to a myriad of features like the all-wheel drive system, impressive Boxer engine and superior safety ratings. A noticeable difference we picked up on was the seamless quality of the drive; the unique model combines a powerful Boxer engine with CVT, giving us a more linear acceleration with increased safety and better road bump absorption. Thanks to the engine layout's lower centre of gravity, the car scored well on a high safety margin that makes driving and speed a pleasurable experience.



We don't know how to break this to you: the Subaru XV is a piece of art to behold. With a keen focus on symmetry, we were captivated by the car's linear and aesthetically pleasing designs from the get go. The car's large body cabin doesn't just mean plenty of head and leg room; its adaptable cargo area comes with 60/40 split folding rear seats, allowing us to fit in additional baggage and even sporting equipment – fantastic for the urban male chasing after active lifestyles. Slotting in that outdoor workout after hours isn't a luxury anymore, but a task you can definitely cross off your to-do list.

Are you convinced yet? Check out the Subaru XV for a tangible vroom! to your day.

# GET INTO THE WILD

**Escaping into nature has never been easier – the Subaru Forester 2.0i-L shows you how**



When you take a walk – or a ride – on the wild side, you've got to leave your comfort zone. That's why we brought out the Subaru Forester 2.0i-L for a weekend drive to the Selangor Dam near Fraser Hill – what better way to test a vehicle designed with adrenaline junkies in mind? Let's cover the basics first: its horizontally-opposed Boxer engine is a trademark of Subaru's responsive Lineartronic transmission, as evident in the dynamic and seamless drive from the KL city centre to the Selangor Dam. The journey showcased the SUV's easy handling and drivability features, enabling us to switch between mid-to-low range torque while reaping the perks of a smoother acceleration.

Heard the phrase "The journey is the destination"? We experienced smooth transitioning on the versatile Subaru Forester 2.0i-L between different roads and terrains; it hardly made a glitch from the highway to country roads too, not to mention conditions like rain and humidity. Created to withstand rugged action, Subaru's improved safety elements and innovative technology features gave us peace of mind while driving too. We've got to highlight the X-Mode feature, which put the control back in our hands – navigating tough roads, slippery surfaces and steep inclines became a breeze with just one switch! In addition, the car checks well on environmentally friendly technologies like improved combustion and high level fuel efficiency.

There's plenty to love about the car's looks – smooth finishings with a keen emphasis on space for the interiors. A definite plus was being able to travel without worrying about transporting our camping and biking gear for the weekend escape!

But don't just take our word for it – test it out yourself. The Subaru Forester 2.0i-L is set to ignite the flames of adventure in your life.

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Panasonic Slow Juicer MJ-L500

# A JUICER THAT MEETS ALL NEEDS

Maintaining a healthy lifestyle made easy with Panasonic's latest Slow Juicer MJ-L500



Juice attachment



Frozen attachment

## 3-Easy Steps to "Chill Out"



1. Freeze it



2. Squash it



3. Enjoy It!

In this day and age, we expect things to be fast, user-friendly and multi-functional, and so it's only natural that we want our juicer to offer us more than just – well, juice. Designed for the busy men who are constantly on the move – juggling work and life – the new Panasonic's Slow Juicer MJ-L500 successfully combines technology with practicality. With this machine, you can now whip up frozen ingredients with the frozen attachment.

The Panasonic Slow Juicer MJ-L500 comes with a host of easy-to-use and clean parts such as a squeezing screw, a drip stop, a frozen attachment, a juice and pulp cup as well as features like pulp filter, rotary brush, safety locking system, spout cap and reverse blade switch, making it a state-of-the-art appliance. The low-speed squeezing technology with the screw rotating slowly at 45 rpm to prevent destruction of nutrients from friction heat and the juice doesn't separate as time passes, so the flavours are preserved longer.

Last but definitely not least, grinding begins from the very top means that every single drop of juice is preserved. For higher juice yield, the stainless steel base lets you compress hard or dense whole foods while the compact pulp filtration system squashes fruits and vegetables thoroughly before releasing the pulp into the beaker. Panasonic Slow Juice MJ-L500 retails at RM899.

### ORANGE-CARROT JAM



This is a waste-free use for the pulp that remains from juicing. Simply add a small amount of sugar and water, then simmer to prepare healthy, homemade jam.



### SCALLOPS AND GRILLER FROZEN AVOCADO SAUCE

#### INGREDIENTS

- Avocado cut into bite-sized pieces and frozen: 1
- Chopped anchovies: 4 fillets
- Scallops: 8
- Tomato: 1
- Avocado: 1

You can use the sauce as a spread on bread or crackers for an easy breakfast treat.

#### METHOD

- Let the avocado thaw for about 10 minutes, then put it into the juicer.
- Put it into a container, and mix it thoroughly with the chopped anchovies. Place the frozen avocado cause on top of grilled scallops, then garnish it with lemon and chives. Drizzle olive oil on top.



### TOMATO-BANANA SOOTHER

#### INGREDIENTS

- Tomato: 350g
- Banana: 100g
- Mini tomatoes: as desired
- Basil leaves: as desired

The acidity of the tomato soothes the stomach, the oligosaccharide in the banana increases beneficial bacteria in the intestines and pectin helps to regulate intestinal function.

#### METHOD

- Remove tomato stems and cut the tomato into wedges. Peel the banana and cut into bite-sized pieces.
- Blend the ingredients from No.1 above in the juicer. Pour into glasses and garnish with basil leaves.

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Kairy Jamaluddin wears Dockers pants, Mido watch and own T-shirt



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## FROM THE EDITOR



### Are you starting with an end in mind?

I was once told: "you need to kick start each day, task or project with a clear vision of an ultimate destination, and then keep flexing those proactive muscles to make things happen" – and later found out the opinion was derived from one of the habits from the *Seven Habits of Highly Effective People: Powerful Lessons in Personal Change* by Stephen R. Covey.

This month, *MH* cover guy and Youth and Sports Minister Khairy Jamaluddin opens up with much fervour about his vision for sports and fitness in Malaysia, and his mission to make it a reality through the first-ever National Sports Day, which sets to launch on the 10th of this month. Turn to **p74** to read not only about the event, but also how you too can become the leader of your own life.

Adding to that, in *Think Big* on **p80**, Gym Jones' director Rob MacDonald says, "Fitness is task dependent; you need to map things out and set a goal, whether that's to finish a triathlon or simply to look and feel healthier." And he's right. As mentioned

earlier, you do need to know where you're going so that the steps you take are always in the right direction.

I'm also excited to announce the winners of our 2015 Grooming Awards. The *MH* team, together with Dr Lim Ting Song of Clique Clinic, Dr Aly Alias Stephen Nah of Direct Hair Implantation and director of Toni & Guy Matt Mack of Troika KL, squeezed every last tube, smeared on all the gels and creams, and sprayed dozens of colognes to find out what worked. See the results on **p86** – and then steal their success secrets for yourself.

Take care of yourself both inside and out, and enjoy the issue!

**John Ng**  
Editor

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## How old should my son be before he goes out running with me?

- MIKE

Can the kid tie his own shoes? Then he's ready to run, says *MH* US sports medicine adviser Dr Jordan Metzl. In other words, five or six years old is a safe starting age, Dr Metzl says. While you guys are bonding, your son will be building strength in his bones, tendons, and ligaments, which in turn should reduce his risk of future running injuries. Just keep the mileage per outing to a minimum for at least a few years: your boy's bone won't reach full strength until after he hits puberty, so tromping too far too soon could lead to repetitive-use injuries. For starting mileage, Dr Metzl's general guideline is to limit your father-son runs to 3 to 4km until he turns 10. (That's probably the distance he'd cover while running around with his friends anyway.) Then remember to let your son set the pace so he's not tripping over himself trying to keep up with you: almost half of athletic running-related injuries in kids ages six to 11 come from stumbles, according to a study in the journal *Clinical Pediatrics*. By the time he hits high school, your only worry should be whether you're running fast enough to run with him.

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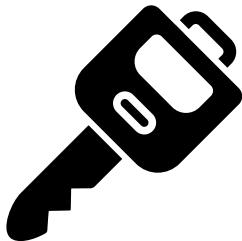
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## Why does my beard grow in a different colour than my hair?

-JOE

Your hormones are likely cuing the hue. An excess of dihydrotestosterone (DHT) has been implicated in androgenic alopecia, a.k.a. male-pattern baldness. The odd part: too much DHT can also boost facial hair growth. These follicles are more active than the ones up top, so they also age more quickly. Toss in a surfeit of male sex hormones that can reduce your body's ability to pump out hair-darkening melanin, and salt-and-pepper scruff seems inevitable. Have a brown mop but a ginger beard? Your mug may be genetically wired to produce a high level of pheomelanin, a form of melanin that gives hair a rusty cast. Your options: dye it, shave it, or go two-tone.



## I think it's time to take my dad's car keys away. What's the safest way to approach the subject?

-BILL

Start with three words: "I am worried." This puts the focus on you, making it less likely that your pop will feel ambushed, says David Solie, author of *How to Say It to Seniors: Closing the Communication Gap*

with *Our Elders*. Mention that the fear he had when you first started driving is how you feel whenever he gets behind the wheel now. Then gently point out any issues that may have put him and others at risk on the road. Has his eye-hand coordination or reaction time slowed? Is his vision impaired? How's his hearing? If he doesn't take it well, ask him "How will you know when it is time to stop driving?" This may make him pause and consider the consequences, says Solie. But if your opinions still collide, seek outside help such as asking his doctor to talk to him directly. No one likes a backseat driver, but your dad may take his physician's advice more seriously than his own son's. Once he's ready to hand over the keys, make a plan that will allow him to stay mobile via public transportation or a car service.



## Why does my boyfriend seem so much more susceptible to catching colds than I am?

-JESSICA

Despite its rep as the he-man hormone, testosterone can leave guys with wimpy infection protection. Consider a typical sickness scenario: bug invades body, immune system responds by commanding the release of antibodies. That's how it works in women; in men, though, high T levels can intercept that command, crippling the counterattack, according to Stanford researchers. There's also a genetic angle to the gender difference. Lots of genes that mediate our immune response to viruses are encoded on the X chromosome, and women have two copies of the X chromosome. Because of that duplication, researchers theorise that women may have more copies of X-linked immune system genes than men do, says Dr Sabra Klein, an associate professor of microbiology and immunology at Johns Hopkins Bloomberg School of Public Health. The downside for gals is that this sometimes results in an overactive immune response, which is part of the reason women make up about 80% of patients with auto-immune conditions. Now, your boyfriend can't do anything about his T or his DNA, but encourage him to take a break from working out when he starts to feel sick. Research shows that intense resistance levels as well as the production of inflammatory cells, may further suppress a man's immune system.



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# Bulletins

The latest news on health, sex, nutrition, exercise and weight loss

## SMASH COMPETITION WITH CONFIDENCE

### DATE CONFIDENCE BOOSTER

Highlight your top qualities on dates by talking about your hobbies and interests. Think of it as a sales pitch or putting out a press release version of yourself – being positive and upbeat comes naturally when you talk about the things you're into. But don't go overboard about how you levelled up on Clash of Clans, and be sure to ask her some questions about herself too – no one likes a self-involved prat.

You've probably heard the phrase "Confidence is sexy" but turns out, there's something a bit more diabolical at play behind your smooth talking mate's success rate with the ladies. Here's the lowdown offered by a study published in the *Personality and Social Psychology Bulletin: overconfident guys may experience higher chances of success in romance by driving away potential competitors*. Overconfident guys are naturally considered as confident (doh) and even arrogant, but these traits have an overall neutral effect on their perceived desirability. When it comes to vying for the attention of a romantic interest, however, guys who are overconfident and arrogant can make their competitors feel discouraged and even demotivated.



## Move To Recover

Stay away from the cold: **don't mix chilled water with strength training**, says researchers in two studies published in a report by the *Journal of Physiology*. They discovered that men who completed their sessions with cold water immersion attenuated long term gains in muscle mass and strength. In addition, it also blunted the activation of key proteins and satellite cells in skeletal muscle up to two days. The solution? Perform active recovery, which involves less intensive routines such as walking, swimming and yoga.

## SUSPEND WITH CARE

Looking to generate more muscle recruitment from your exercises? While suspended pushups and rowing as well as unstable planks are often recommended, they may raise the risk of pain in those with lower back issues, according to a study

published in the *IDEA Fitness Journal*. **People who perform standard crunch and V-ups on a variety of devices find them to be equally effective.** Plus, the study suggests that suspended training programmes offer similar muscular strength, power, movement velocity and jumping ability benefits as the conventional methods.



# Muscle Bulletin



## POWER OF TWO

Time to reevaluate how you stretch for better results. A recent study in the *Scandinavian Journal of Medicine and Science in Sports* reports that proprioceptive neuromuscular facilitation (PNF), a form of flexibility training that involves both stretching and contracting the muscle group being targeted, increases lower leg movements and loosens up the Achilles tendons efficiently.



## SHAKE IT INTO FORM

If you want to train longer and harder, **try utilising segment-body vibrations**, a study in *Sports Medicine* reveals. The research found that subjects who were assigned the stimulation to their hamstrings during a workout experienced an increase of maximum isometric force and range of motion, not to mention a decline of tension in the knees. Conclusion: as the training quality improves, higher benchmarks can be realised in the same period of training time compared to regular strength training.



Weeks of tai chi for people with arthritis to start experiencing some significant relief from the symptoms  
Source: *Journal of Aging and Physical Activity*



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## TO RUN OR NOT TO RUN

What are you passionate about? Researchers found that runners who approach training and race with "harmonious" passion end up lowering their stress levels, while those with "obsessive" passion get more stressed out as the programme progresses, according to a report published in the *Scandinavian Journal of Medicine and Science in Sports*. So if running is not for you, opt for an exercise that you find truly enjoyable.

# Cardio Bulletin



## MAKE IT FREQUENT

Turn on the right trigger: according to a study in *Health Psychology*, developing an automatic habit of wanting to work out may help you stick to your routine. When the test subjects were surveyed on their workout frequency, it was found that that trumped developing a mere habit of doing an exercise. To make sure you go to the gym regularly, try going the same time every day.

# 5

Millilitres of omega 3 fatty acids from seal oil for three weeks may boost athletic performance

Source: *Journal of the International Society of Sports Nutrition*

## Add Music to Your Step

It's time to listen in: **music tempo can spontaneously impact your running cadence**, says a new study in the journal *Sports Medicine*. And since accumulating evidences are suggesting step rate is strongly associated with running-related injuries, it is important for you to hit the tracks at an appropriate stride. Establish your baseline cadence on a treadmill and then build your playlist accordingly.



## TAKE IT EASY

Need longer recovery time? **Easing up your exercise programme can provide you beneficial effects**. A review of published studies in *Sports Medicine* involving oxidative stress and physical activity demonstrates that acute exercise increases reactive oxygen species production and oxidative stress damage in older adults. However, it also shows that ongoing moderate-intensity workouts may prevent oxidative stress damage and reinforce a person's antioxidant defences.

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## Food-ception

Ever wondered if the way you perceive food could lead to weight gain? In a study by *International Journal of Obesity*, 30 obese and 30 normal weight individuals were shown 17 images of different foods in recommended portion sizes and quizzed about how much they would personally choose to eat. **Overweight individuals, guys and participants who liked the food shown replied that they'd wolf down bigger quantities than the recommended servings** – a key indicator that they're more likely to overindulge and experience weight gain.



### CALM DOWN. STEP AWAY FROM THE CHOCOLATE

Recovering chocoholics, are you familiar with this scenario? In a six week study on eating habits by *Obesity*, **individuals who discovered beforehand that their access to chocolate was going to be cut down ended up going on a rampage and binging on more in a "last supper" mode.**

Those individuals later expressed remorse for succumbing to chocolaty temptations. It's probably no surprise, but you're far more likely to overindulge in chocolate when you know that it's about to become scarce on your diet. Tip: swap milk chocolate for dark choc instead – they contain fewer calories and are a great source of antioxidants too.

# Weight Loss Bulletin



### NAMASTE, FAT LOSS

The verdict is out: yoga doesn't just help with your flexibility – it can boost metabolism and improve blood antioxidant status too. In a study by *International Journal of Sport Nutrition and Exercise Metabolism*, 64 male volunteers from the Air Force Academy were enrolled in three months of yoga (yogasana, pranayama, and meditation) or physical training. An analysis of the volunteers' before and after tests revealed the following: **guys who took up yoga had improved metabolism and blood antioxidant status**, while those on physical training experienced no difference.

### STAND TALL. STAY HEALTHY

Make sure you read this standing up. Australian researchers studying the physical activities and health of over 780 individuals for the Australian Diabetes, Obesity, and Lifestyle Study pointed out that **replacing just two hours of sitting with standing, stepping or walking leads to improved overall health**. Highlighting that walking contributes the most positive changes to health, researchers suggest standing and moving more each day to stay fit.

3.4

Kilograms lost over a period of four weeks by individuals who followed vegetarian or vegan diets  
Source: *Journal of the Academy of Nutrition and Dietetics*



Alex Y  
Alex Yoong

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# Nutrition Bulletin



## PEAR NO HANGOVER

Fact: hangovers are a pain (literally). But if you're seeking ways to lessen the after effects of a wild night out, try sipping on some Asian pear juice before you head out, suggests the Commonwealth Scientific and Industrial Research Organisation in Australia. Lead researcher Professor Manny Noakes commented that **Asian pears contain a compound that influences alcohol metabolising enzymes, slowing down or even eliminating your body's alcohol absorption.**

## MACHA, MEET YOUR MATCHA

Upgrade your green tea with matcha. Made from ground, whole green tea leaves, the Japanese tea powder is a powerhouse of antioxidants and chlorophyll. According to a report by *NewYou Magazine*, just sipping on **two cups a day is enough to rev up your metabolism while slashing your chances of contracting cancer or heart disease risk.**

Even though matcha's potent greens contain higher caffeine levels than your average espresso, it comes without coffee jitters, allowing you to tap into a steady energy lift that soothes and relaxes the body.

3.5 %

Increase in muscle volume for men to 85 who consume oil supplement period of six months  
Source: American Journal of Clinical Nutrition



## DO YOU SUPP, BRO?

Relax, we're not talking about juicing and roid rage – but you might want to pay a bit more attention to the supplements you take and your attitude towards them. Researchers at the recent American Psychological Association's Annual Convention shared their findings from an online survey of 195 men between the ages of 18 to 65 on their intake of appearance and performance enhancing supplements like protein powder in a month, not to mention their supplement consumption patterns, and body image and masculinity perceptions. **More than 40% of the guys admitted that their supplement usage had increased over time, and 22% had even started swapping some regular meals with them. Although 29% were worried about the frequency with which they'd supped, only 8% had been warned to cut back by doctors, followed by 3% who had been hospitalised for side effects.** These findings might be preliminary, but researchers commented that the high dependency on appearance and performance altering supplements meet the criteria of established indicators for



## CONTROL OVER SUGARS WITH GINGER

It just be the missing link in helping diabetic patients manage their condition, according to a recent Iranian study published by the *International Journal of Sciences and Nutrition*, 70 patients with type 2 diabetes mellitus were given a supplement containing ginger placebo daily for 12 weeks. Researchers noted that at the end of the study, **individuals given the ginger supplement showed major improvements in blood sugar levels, insulin sensitivity, and other factors, suggesting that the spice may play a vital role in diabetes management.**

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## CAFFEINE: THE FACTS

**1** Caffeine is important because of its mild stimulating properties on the body and mind. It's the stuff in your cuppa that perks you up.



**2** Consuming 300mg of caffeine per day is considered moderate caffeine consumption for most people. This is about 5 cups of soluble coffee or 3-4 cups of brewed coffee.<sup>1</sup>



**3** NESCAFÉ® soluble coffee contains 70mg of caffeine per 180ml cup. The amount of caffeine in your cup depends on how much coffee is in your cup.



## COFFEE IS ACIDIC?

The acidity of coffee refers to the flavour note, rather than the actual acid content.<sup>2</sup> Regular coffee has an average pH of 5.0 – 5.1.

## KNOWLEDGE NUGGETS

## COFFEE CAUSES DEHYDRATION?

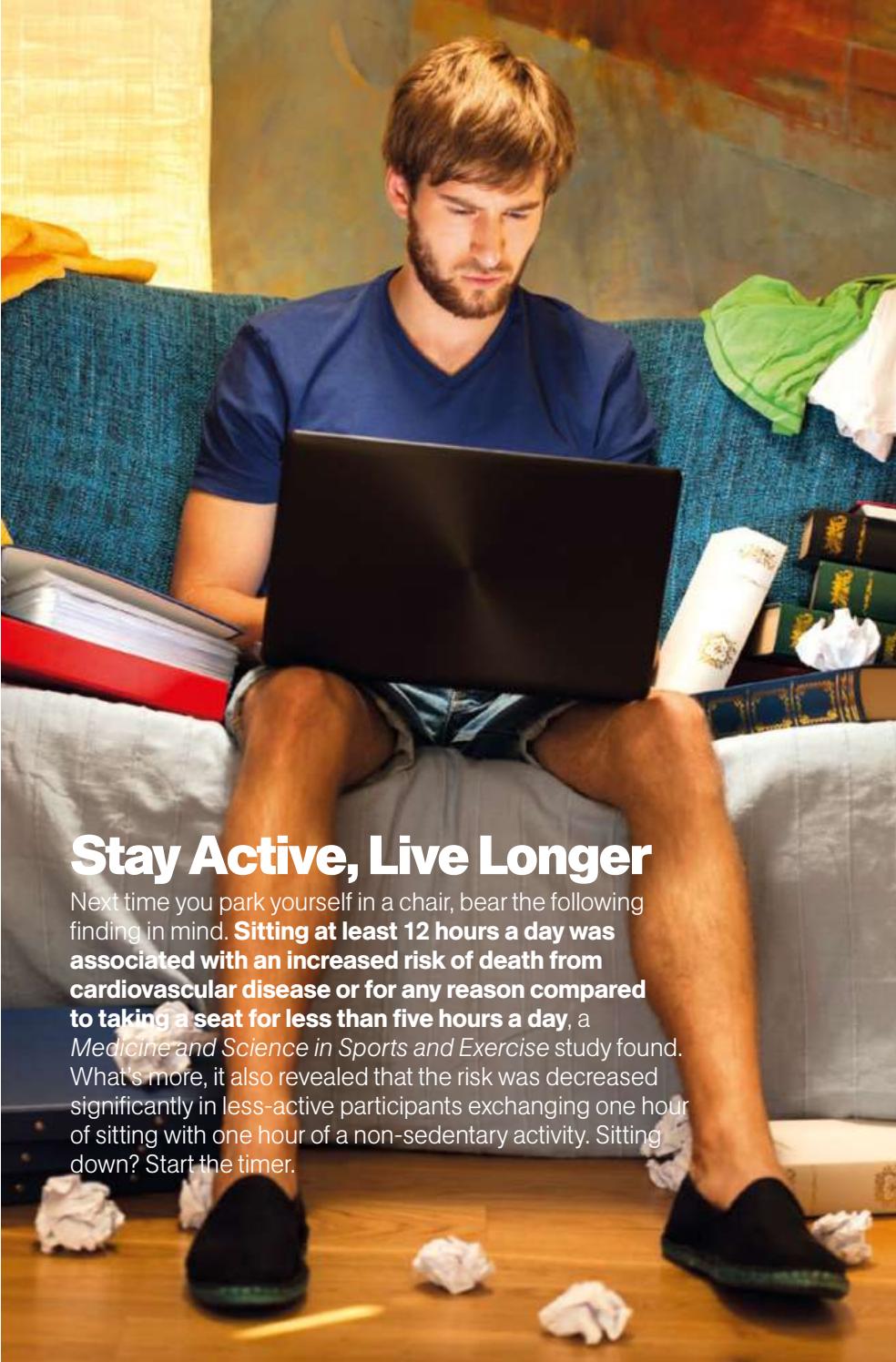
Studies have shown that drinking up to 5 cups of caffeinated coffee does not cause dehydration.<sup>3</sup>

## COFFEE INTERFERES WITH CALCIUM ABSORPTION?

Coffee has no negative effect on bone health. A diet rich in calcium will support your strong and healthy bones.<sup>4</sup>

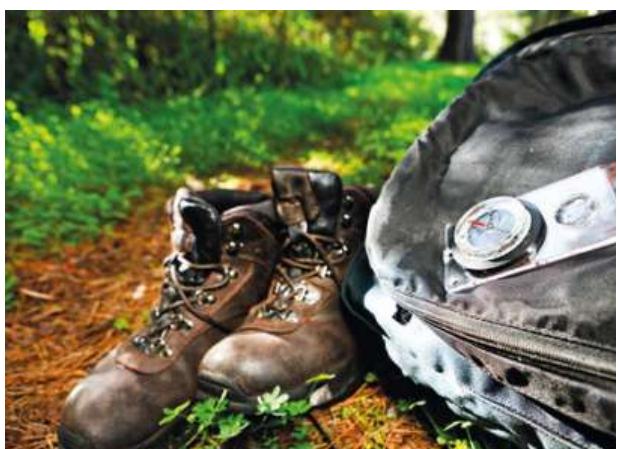
## COFFEE AFFECTS MY CONCENTRATION?

Coffee helps restore and maintain alertness and increasing your attentiveness.<sup>5</sup>



## Stay Active, Live Longer

Next time you park yourself in a chair, bear the following finding in mind. **Sitting at least 12 hours a day was associated with an increased risk of death from cardiovascular disease or for any reason compared to taking a seat for less than five hours a day**, a *Medicine and Science in Sports and Exercise* study found. What's more, it also revealed that the risk was decreased significantly in less-active participants exchanging one hour of sitting with one hour of a non-sedentary activity. Sitting down? Start the timer.



## WALK ON THE WIDE SIDE

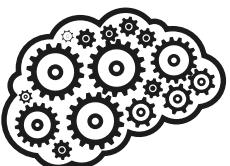
Take a hike, literally. **A 90-minute saunter in a natural environment may reduce rumination** (compulsively focusing attention on the negative aspects of oneself), a *Proceedings of the National Academy of Sciences* study suggests. Researchers explain that while urbanisation has many benefits, it is also linked to increased levels of mental illness, including depression. Having a rough week at work? You know where to go.

# Health Bulletin



## THE FIVE DEADLY SINS

Get this: elevated cholesterol levels, diabetes, hypertension, obesity, and smoking are the five leading risk factors linked to cardiovascular disease, according to a research published in the journal *Annals of Internal Medicine*. In addition, several findings point out that an estimated 54% of cardiovascular deaths in men were attributable to one or more of the five risk factors. So with this information in hand, go on and do what you need to not be part of the stats.



## TUNE UP YOUR BRAIN

We've said it before and we'll say it again: physical exercise helps keep your brain sharp. But guess what? **Different exercises benefit different types of brain activity**, a study in *New Scientist* reveals. For instance, weight lifting perks up the prefrontal cortex for complex thinking, reasoning, multitasking and problem solving; high-intensity intervals activate your hypothalamus for appetite regulation, cravings and addictions; and aerobic exercise tickles the hippocampus associated mainly with memory.

73%

Reduction in inflammatory scores of adults consuming anthocyanin-rich diets  
Source: *American Journal of Clinical Nutrition*



# IS YOUR HEART AT RISK?

## ENROLL FOR THE **HEART SCREENING** IF YOU :

- are above 30 years old for male
- are above 35 years old for female
- have a family history of heart disease
- tire easily
- are overweight
- experience prolonged periods of job stress
- smoke and consume alcohol regularly
- have not undergone medical check-ups for a significant period

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## The Law, According to Nadiah

Nadiah M Din hasn't stopped making waves since her debut into acting. Discover how she stays on top of her game and pick up pointers on how you can get together with a girl like her



## NADIAH M DIN'S GOT SOMETHING SHE

needs to get off her chest: she believes in the law of attraction. But don't worry – she's not going to get all New Age on you. The talented actress is talking about the frame of mind you need to be in to get your goals. "I have a habit of writing down what I want. I read a book by the economist Robert Kiyosaki, where he said that if you want to be successful, you need to visualise what you want to achieve." She adds that the simple practice has helped her stay focused and motivated when the going gets tough. "Whatever we want to do in life, the end has to start in the mind. It helps to make a stronger conviction of where I want to be, no matter what the circumstances are."

But it's not all day dreaming and wishing for the riches of the world, Nadiah cautions. You've got to put in the effort and work as hard. Nadiah's already got an expansive portfolio under her belt and she mentions some of her upcoming projects, highlighting the film *Sinaran*, set to be released this November. "It takes place in a school in Singapore. It's a musical where we break into song and dance, and it's really exciting. I'm co-starring with Lisa Surihani in it."

Nadiah opens up about how she stays motivated in an industry that's constantly evolving and fast paced, "It's competitive, but I believe that each door is meant for someone. If one closes, another door will open for you. As long as you stay humble and believe that there's always something better for you out there, you'll be okay."

**"You know how you have debriefs and post-mortems for work? It's the same for a relationship. Sit down to talk and have intimate moments together"**

**Daunted by exchanges with the fairer sex? Nadiah shares the four things you need to know to get it on with the gals**

### REMEMBER, HUMOUR IS SEXY

"I love guys who can really make me laugh. Humour is very sexy. I'm not the type of girl who'll go out all poised and keep to my comfort zone. When I'm out on a date, I'm myself. And myself is funny, sometimes retarded – you have to accept me for who I am. I'm not scared to eat chocolate with my date, smear it all over my teeth and show my stupid face. That's how open I can be sometimes."

### SHOW HER YOUR TENDER SIDE

"I don't understand guys who can be insensitive. I believe that being sensitive to your partner's needs isn't just vital in a relationship, but to living in this world – it's what makes you human. You have to be sensitive; otherwise, you'll just make life difficult for yourself. Try to self-reflect and think about whether you've been doing well. Ask questions like: have I been treating my girlfriend right? That's the only way you'll learn."

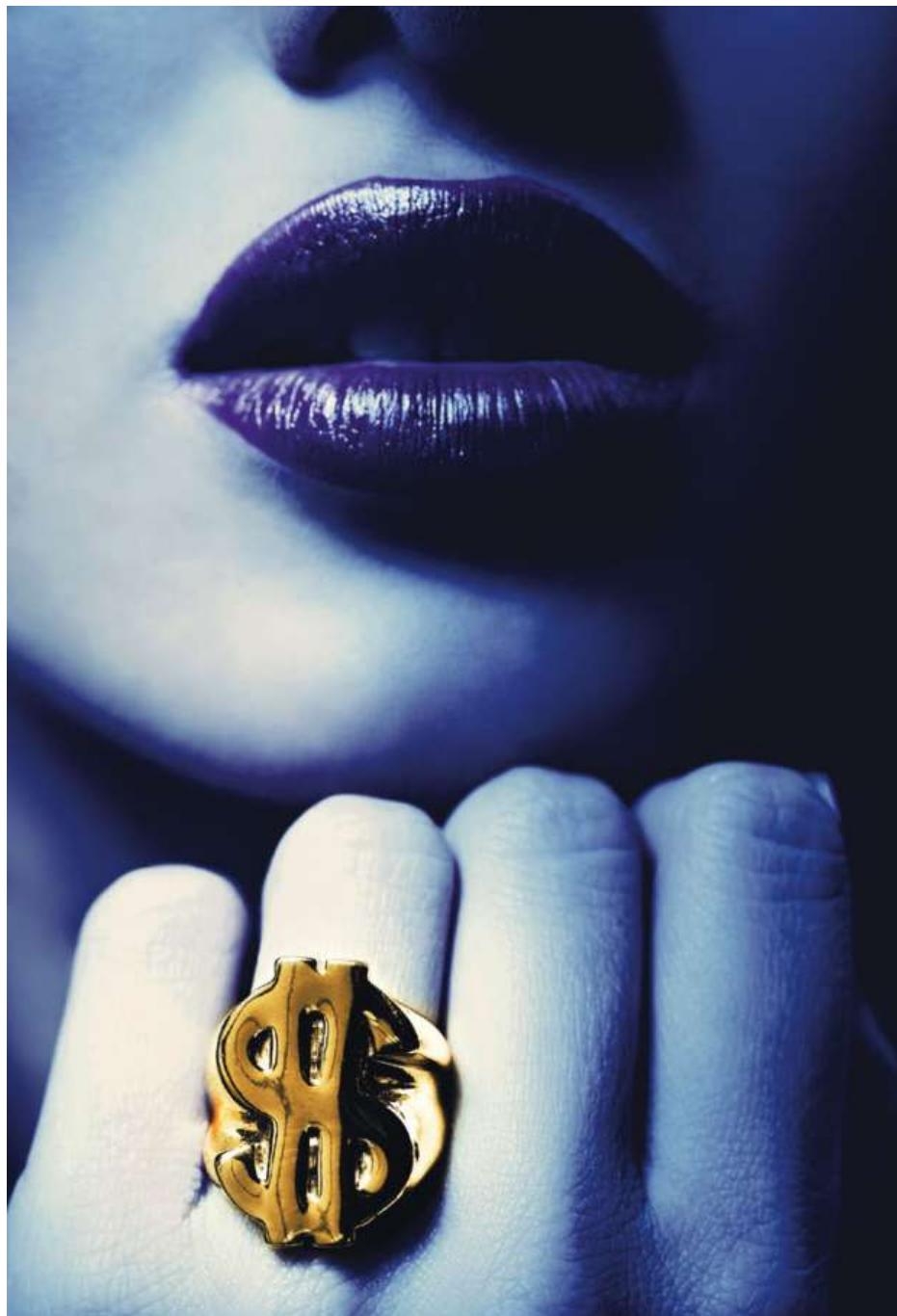
### GET OVER YOURSELF

"I can't stand men who are too self-obsessed. Especially those who know that they're good looking and feel like they're on top of a mountain, like anyone would date them in an instant. I once went out with a model who couldn't stop talking about how good looking he is and how women were crazy about him. He'd check out his reflection constantly and be like, 'Do I look okay?' It was really CMI – cannot make it!"

### TALK TO EACH OTHER

"Never bottle things up – it's so detrimental to your relationship. If you keep bottling up your feelings, there'll come a day when your partner does something small and you end up throwing the whole bottle of frustrations at her. She won't understand why you're acting that way. So communicate. You know how you have debriefs and post-mortems for work? It's the same for a relationship. Sit down to talk and have intimate moments together."





## My wife earns more than I do. Should I be embarrassed?

- PETER

Only if you're living in a pre-industrialised era. With the rise of feminism and equality spreading across the globe, it's hard to imagine the male ego being compromised due to their other half's paycheque. If it puts things into perspective, perhaps she is in an industry that offers better pay than yours, or maybe she has stuck out her tenure long enough to be deserving of her compensation. Whichever the reason, you should feel proud that she's kicking ass in her field.



## ASK US NOW

Email our regular contributor Vivian Chong your questions on women, love, dating and sex at [editor@mens-health.com.my](mailto:editor@mens-health.com.my)

### For the past month, my wife has been saying she doesn't feel like doing it every time I try to get it on with her. What's up?

- JASON

Either her hormones are out of whack or the monotony of your call to shag is not sexually inviting enough. It's common for married folks to become lackadaisical in the latter aspect, so try spicing it up with something new – perhaps a candlelit dinner, sensual massage under dim lights or erotic foreplay. If her mood seems to shift in and out, her hormones might be messing with her drive. Ask her and, if necessary, consult a specialist.

### My girl has to travel a lot for work – or so she claims. How do I find out for real?

- RAHIM

Sounds more like you have an issue with trusting her than her work-related travels. If you are truly suspicious of her claims, ask if you can join her on one of her trips. Assure her, of course, that you won't disturb her during working hours, but make it a point that you'd like to hang out with her in the evening. Travelling for work is quite common, but if she's taking frequent weekend "work trips", then there's either something amiss with her company or your suspicion is valid.

### I tried but I really loathe hanging out with my girl's friends. Should I tell her?

- EDMUND

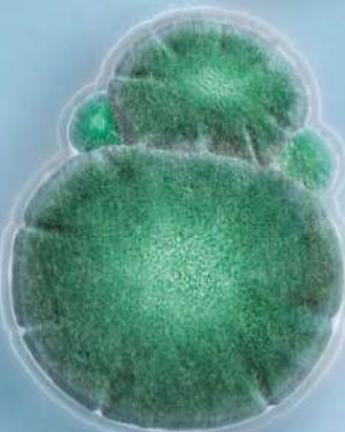
Yes, and then try to make it work. Telling her that you dislike hanging out with her friends is being honest; putting in the effort or simply putting up with them is a way for you to show her how much you care about what she cares for. Truth is, some friends have a tendency to bring out the worst in us, so we don't blame you for not wanting to bear witness. However, these friends also make up a great part of what's important to us, so a little understanding would be appreciated. Extra brownie points for playing nice!

### We're planning our honeymoon. Problem: she likes shopping and I like beaches. What should I do?

- SHENG LING

Compromise is key: choose places that offer both within close vicinity. She can only shop so much before having to consider luggage space, and you can only sunbathe so much before you burn to an unhealthy state. The honeymoon is a getaway for both of you to commemorate your marriage, so make sure that you both get what you want. "Selflessness" is important for a long and happy marriage; give and take, but always try to give more when possible.

# Athlete's Foot. Unfortunately, it's as bad as it looks.



But now there's a cure.

Athlete's Foot is a skin infection caused by microscopic fungus. Easily picked up in warm, damp environments like changing rooms and gym showers, it feeds off your skin, leaving it sore, smelly and unsightly. But here's the good news – Canesten. It doesn't just relieve the itching, burning, flaking and cracking – it also does away with the fungus for good, so you'll not have to take another painful step. Visit your nearest pharmacy for Canesten.



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## When You Should Say No to Sex

Men are expected to be horndogs, ready for sex at the drop of a bra. That's a lot of pressure, says Dr Debby Herbenick, director of Indiana University's Center for Sexual Health Promotion. "Sometimes men end up accepting sex because their partner wants it, but they're not that into it," she says. "Then they have difficulty with erections, and it sets them up to feel like they have ED." So the next time her booty call feels more like a duty call, ask: *Do I really want this now?* And if the answer is no, be honest: tell her you're too tired or stressed, and promise that the sex will be hotter if you two wait a night.

### 2-SECOND LIFESAVERS

#### Ignore the Wake-Up Call

"I train athletes to utilise the time if they wake up restless at 3am. A pitcher, for example, might visualise throwing three innings. You could picture your golf swing, a bike ride, or a series of lifts. Give your mind something to do other than worrying about lack of sleep."

Dr W. Christopher Winter,  
medical director, Martha Jefferson Hospital Sleep  
Medicine Center, Charlottesville, Virginia

#### Get a Heart-On for Blueberries

The harvest is in, and that's good news for your blood vessels. UK research shows that 1/2 to 1 cup can improve endothelial function, a marker of circulatory health. Other trials are testing blueberries' benefits for vision, blood pressure, and neurological function.

Dr Jeffrey Blumberg,  
director, Antioxidants Research Lab, USDA Human Nutrition Research  
Center on Aging, Tufts University

Expert Advice from **Dr Debby Herbenick**

1

#### Wet Her Sexual Appetite

"Men think of lube in terms of 'need.' Instead, think 'want.' Studies show people who use lube enjoy more sexual pleasure. Plus, women can take 15 minutes to warm up, and their vaginal walls can be dry even when aroused. I like water-based lubes." Try Durex Play (*online.guardian.com.my*, RM12.40).

2

#### Listen Her Panties Off

"Love and emotional intimacy are big predictors of orgasm. You can't make yourself fall in love, but you can make experiences more intimate. At dinner, my partner and I always ask each other about our day, and it's not just idle chitchat. It's good to vent and to know that someone loves you enough to listen."

3

#### Do Sex and Reps Together

"Need a reason to work out together? I've developed a training programme that can increase arousal for two-thirds of women; it's in my book *The Coregasm Workout*. This type of pleasure doesn't come easily. It's only when women's bodies are fatigued — after intense cardio or sets of knee raises."

4

#### Compliment Her Lips

"Genital self-image is a hot research area. My studies show that women who are comfortable with their vulvas and vaginas have more orgasms and more-positive feelings toward sex. Next time you explore south of her belly button, tell her just how beautiful she is, how great she tastes, and how sexy she feels."



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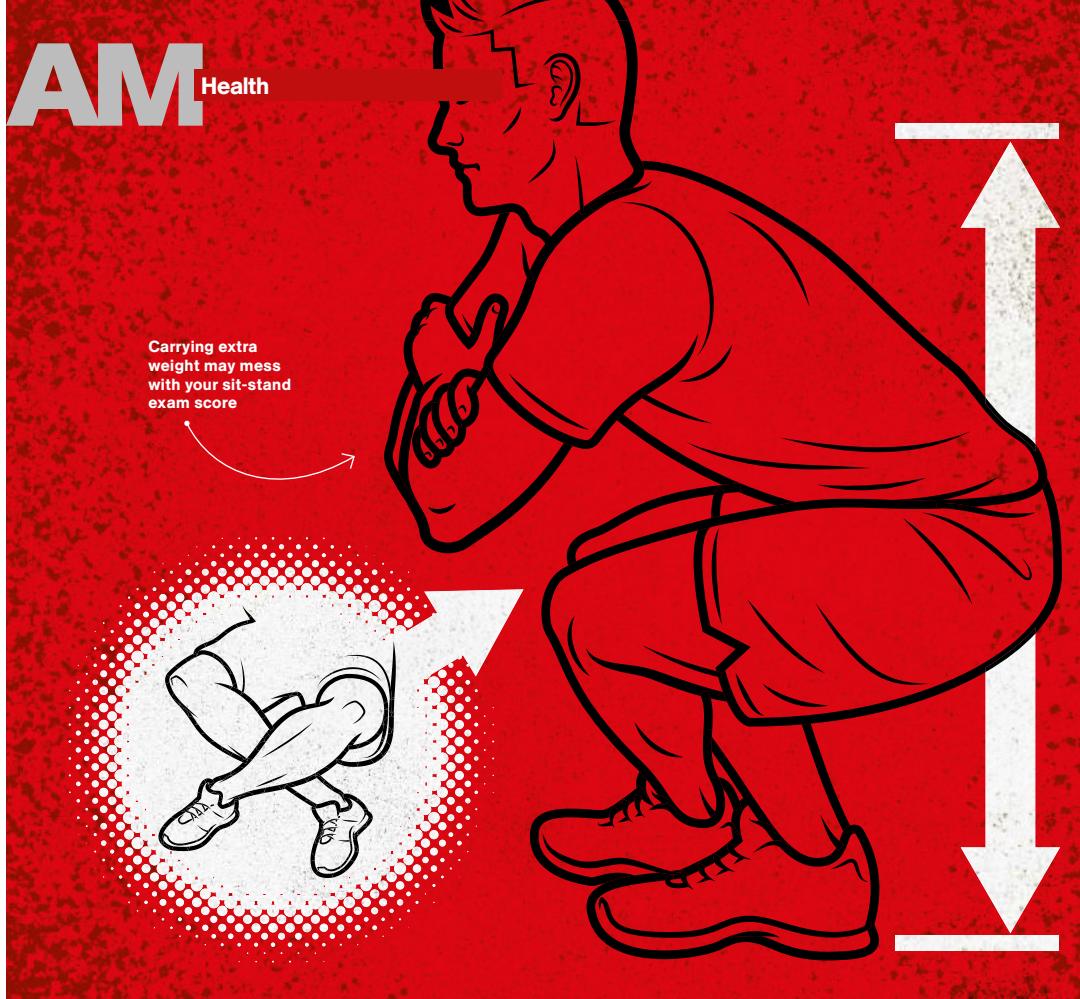
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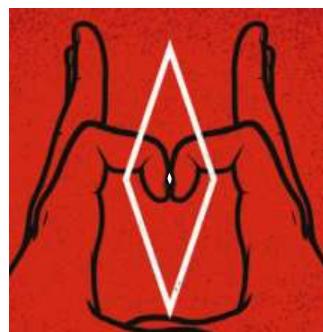
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# Save Your Life in One Minute

Just like your car, your body has its own diagnostic system. Find out what it's saying about your critical components to avoid a breakdown



## 1/ Heart Geometry Quiz

Diamonds trump heart disease. Bend each index finger in the form of an upside-down J; then press the nails together, viewing where they meet from the side. See a tiny diamond-shaped gap? If not, you may have "clubbing," a thickening of the fingertips possibly due to low blood O<sub>2</sub>. This could signal heart disease or even lung trouble, says MUS cardiology adviser Dr Prediman Krishan Shah.

### ► CHANGE YOUR GRADE

Have your heart and lungs checked to make sure they're not in immediate peril. Clear? Try high-intensity interval training. You'll improve your VO<sub>2</sub> max, which is the best way to get more oxygen-rich blood pumping through your arteries. In a Japanese study, men who did 13 minutes of HIIT five days a week for eight weeks improved their VO<sub>2</sub> max by over 22%.



## 2/ Brain Balance Challenge

Act like a stork to spot stroke risk. Stand and lift one leg, keeping your knee bent and your eyes open. Watch the clock: if you can't hold the pose for 20 seconds, you may be at higher risk of stroke. Researchers in Japan recently found that difficulty balancing on one leg may signal that the small arteries in your heart have narrowed, which is linked to loss of motor coordination and cognitive decline.

### ► CHANGE YOUR GRADE

Rein in high blood pressure; it's a major risk factor for small-vessel disease, says study author Dr Yasuharu Tabara. Press a finger against your right nostril to close it, and then breathe in and out through the left nostril. Switch sides and repeat. Keep alternating for 15 minutes. In a study from India, people who did this averaged a 4½-point drop in systolic BP.

## 3/ Life Span Sit-Stand Exam

Stand with your ankles crossed and your arms in front of you. Sit on the floor. Stand up. You've just gauged your longevity, say scientists in Brazil. A perfect score is 10; deduct ½ point for each time you lost your balance, and 1 point for each knee or hand you used for support. In the six-year study, people who scored below eight had death rates up to five times higher than those of people with better scores.

### ► CHANGE YOUR GRADE

The sit-stand exam measures your musculoskeletal fitness, a critical indicator of aging, says study author Dr Claudio Gil Araújo. So take up tai chi. Canadian researchers found that twice-a-week sessions can improve your overall musculoskeletal fitness after 16 weeks. And keep your weight in check, says Dr Araújo. Extra flab can lead to a low score.



## 4/ Prostate Finger Check

There's no "rectal" in this digital exam. Compare the length of your right index finger with that of your right ring finger. Longer pointer? Your risk of developing prostate cancer may be a third lower than if your index were shorter, according to a *British Journal of Cancer* study. The length of these digits is possibly related to your exposure to testosterone in the womb, which can influence your future cancer risk.

### ► CHANGE YOUR GRADE

Start a food fight. German scientists found that the prostate cancer risk of men who ate the most glucosinolate, a phytochemical in broccoli and brussels sprouts, was a third lower than that of men who ate the least. And since belly fat is also linked to prostate tumours, nosh on tree nuts. A handful a week may help shrink your gut, say Loma Linda University researchers.



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# On the Up of Weight Loss

Losing weight wasn't just an investment in health for Mohamad Mughniy – it also revealed his life's calling. The Eat With Mune restaurant owner talks about how you can regain control over your weight and transform your life

## YOU CAN ALWAYS TURN

your life around. For Mohamad Mughniy – or “Mune” as he goes by – the wake up call came during a health check-up in his final year of aviation school. Mune had always struggled with his weight, but after weighing in at 138kg, his doctor had given him an especially chilling prognosis, “I’m very concerned about your health and I need you to do something. Forget about passing the medical exam

for your course – do something for your health instead.” Mune took the first step of signing up at the gym and started his exercise regimen with some cardio. Even though he lost five kilos initially, he hit a weight loss plateau due to a lack of awareness on proper dieting and the right way of exercising.

Mune opens up about how poor his knowledge on nutrition was in the early days, “People kept

telling me, ‘You are what you eat’ but I didn’t know what they meant. Back then, I didn’t even know what clean eating was –” he lets out a small laugh and confesses “– for me, clean eating was eating till your plate was clean!” Compelled by a need to gain control over his diet, Mune began cooking his own meals. He started with simple items like wraps and fajitas, leaving out calorie rich sauces while adding fresh vegetables. Over time, his understanding of nutrition grew and he began dishing out healthier versions of popular Malaysian staples like nasi lemak, using brown rice and swapping coconut milk with extra virgin coconut oil.

He also began researching as much as he could about exercise online and talked to the serious lifters at the gym. “I like to follow athletes and bodybuilders on Instagram,” he says. “Sometimes, when I feel like changing up my workout programme, I’ll try their workouts. To tell you the truth, I don’t think you need a personal trainer – there’s so much information online and you can check out YouTube to find out the correct way of doing exercises too.” As a result of regular exercise and eating healthy, the weight began to fall off – he ended up losing 46kg in eight months.

Keen to share his newfound passion, he posted up pictures of his culinary adventures, hashtagging #eatwithmune. His friends were the first ones who asked if he’d prepare packaged meals for them, but it didn’t take long for word to spread, “I started running a food delivery business and was making up to 100 boxes a day from home.” As demand for his business grew, he took another leap of faith by deciding not to pursue his original plans of practising as a pilot and setting up the popular Eat With Mune restaurant in Publika instead.

Mune’s advice for guys who want to lose weight? “Put the kilos aside,” he says. “Don’t get too obsessed on something like losing 10kg in three months because you have to think about what comes next. Do it gradually, one step at a time. It’s about changing your lifestyle to be a better you. Don’t do it for others.”

## Workout Routine

### MONDAY: LEGS

Front Squats, Walking Lunges, Hack Squats, Leg Press, Leg Extension

### TUESDAY: CHEST

Incline Dumbbell Press, Barbell Bench Press, Dips, Dumbbell Pullovers, Cable Chest Fly

### WEDNESDAY: BACK

Pullups, Bent Over Barbell Row, Lat Pull Down, T-Bar Row, Cable Back Rows, Narrow Lat Pull Down, Deadlift

### THURSDAY: CARDIO OR REST

Futsal, Hikes or Walks

### FRIDAY: LEGS

Lying Hamstring Curl, Sumo Squats, Hip Abduction, Hip Adduction, Hack Squat Calf Raise

### SATURDAY: SHOULDERS

Dumbbell Shoulder Press, Smith Machine Shoulder Press, Dumbbell Lateral Raise, Dumbbell Front Raise, Dumbbell Incline Shoulder Raise, Dumbbell Shrugs, Smith Machine Shrugs

### SUNDAY: CARDIO

Futsal, Hikes or Walks

## Diet Regime

### BREAKFAST:

Salmon, quinoa or couscous and dragon fruit

### LUNCH:

Salmon and broccoli

### PRE-WORKOUT SNACK:

Protein shake and dragon fruit

### DINNER:

Two red apples, BCAA supplement and chicken breast

### PRE-BEDTIME SNACK:

Casein protein shake



### BEFORE:

**138KG**

### AFTER:

**92KG**

**NAME: MOHAMAD MUGHNIY**

**AGE: 27**

**HEIGHT: 172CM**

**TIME TO REACH GOAL: 8 MONTHS**



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## WORKSHOP 2:

Fuel Team Challenge

**Format:** Teams of 3

**Date:** 10 November 2015

**Venue:** Fuel Athletics

**Time:** 7PM – 8PM

**Pax:** 15 pax (5 teams)

### Interested in Workshop 2?

Choose a name for your team and explain why.

Send your answers and full details of all 3 team members (name, IC no.,  
mobile and occupation) to [marketing@mens-health.com.my](mailto:marketing@mens-health.com.my).

**Closing date:** 2 November 2015



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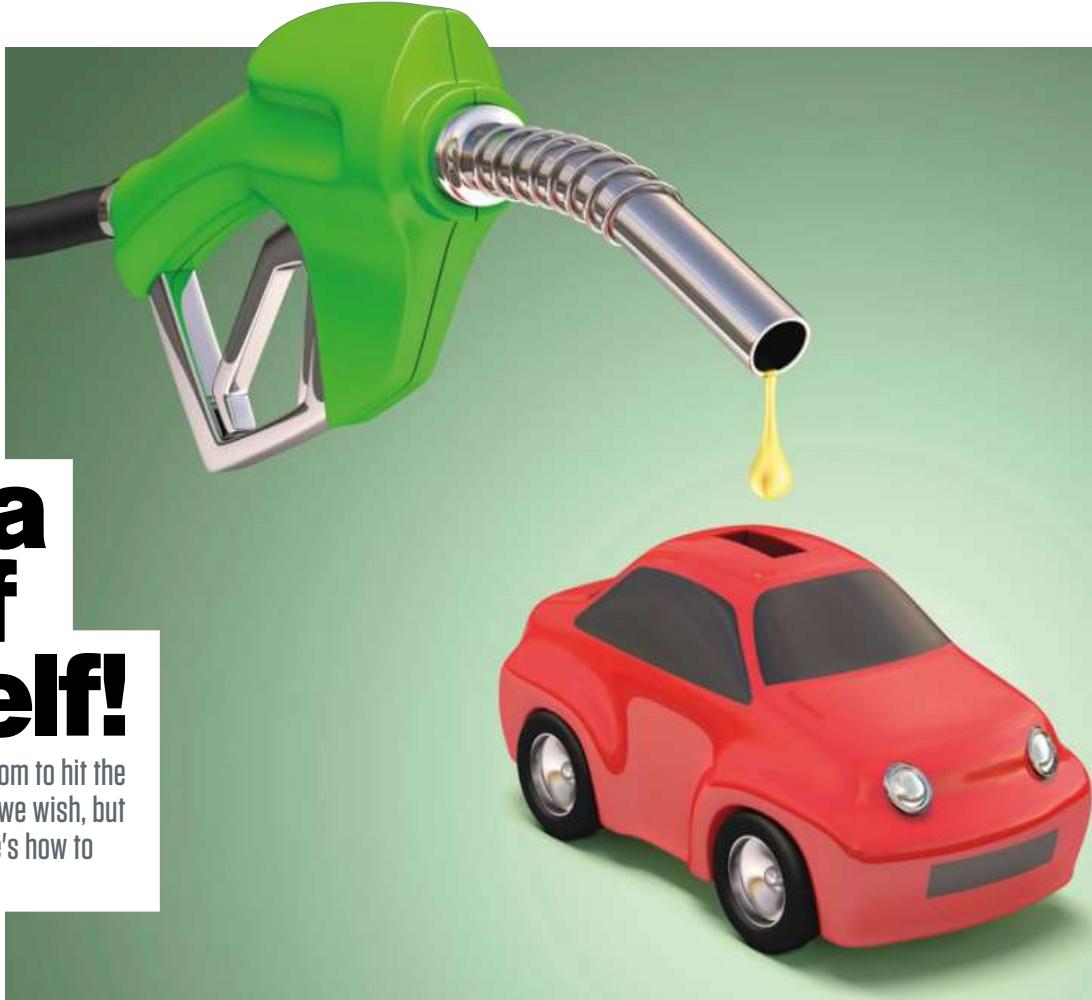


## PETROLHEAD

Qhalis Najmi, our regular motoring contributor, is an experienced automotive journalist and photographer.

# Don't Make a Fuel of Yourself!

A car blesses us with the freedom to hit the road and get around whenever we wish, but sadly, nothing comes free. Here's how to make the most out of it



#### THE AVERAGE CAR COMES WITH EITHER A

40-litre or 55-litre tank that supposedly allows us to travel an X amount of distance. But did you know that these claims, usually spouted by manufacturers, can only be achieved under the most optimum conditions?

Unfortunately, in Malaysia, cars do not run optimally due to the hot weather, road quality and traffic volume. But here are some top tips to help improve your ride's efficiency. You don't need a hybrid to save some money: practise these pointers gradually and then take note of your fuel expenditure. Extra ringgit saved is always a win!

#### PLAN YOUR JOURNEY

Always know where you're heading. Unplanned travels can lead to unanticipated hold-ups like traffic jams. Thankfully we have apps like

Waze (free, iOS and Android) to guide us on the route least congested. True, jams might be unavoidable, but "failing to plan is planning to fail", as they say.

#### CHANGE YOUR DRIVING STYLE

The leadfoot attitude is far too common among Malaysians. Getting up to speed can be done gradually by treading lightly on the pedal. Sure, going full throttle is addictive, but it not only eats up more fuel but also puts a lot of stress and wear-and-tear on your car.

Learn how to coast your car on the drive. Be wary of your surroundings; keep on alert for moving objects (eg. inconsiderate/reckless drivers) and plan your stops. Having to slow down and then accelerate back up to speed uses more fuel than you'd expect. If your car is descending a hill, allow gravity to do the work.

#### OPTIMISE YOUR AIR CONDITIONING

The heat on an average day here falls between 32 and 38°C, which is why air conditioning is so important. We tend to set it to the coolest mode possible but sometimes forget to reduce it once the interior is cool. As the compressor is driven by the engine, the harder you run the air conditioning, the more fuel you use. Optimise! Set it to cool the car, then turn it down to maintain the temperature.

#### LOSE WEIGHT

How much stuff do you keep in the car, and which items do you really need and use regularly? More weight means the vehicle requires more energy to get up to speed, which leads to using more fuel. Clean up your boot and interior – the golf set doesn't need to stay in the car when you're driving to work.



## DO YOU HYPERMILE?

Ever heard of this word? It describes the art of driving economically and exceeding a manufacturer's claimed figures through modifying driving habits and techniques. Hypermiling is not for everyone as it takes things to the extreme by combining the tips above along with other methods – such as using high-performance spark plugs and low-viscosity motor oil – to best the manufacturers. We don't suggest you hypermile all the time, but learn to inculcate its methods whenever you can.



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# Pump Up the Tunes

Don't let their exteriors fool you. Despite the tiny packaging, these earphones impress with powerful acoustics. The compact ergonomic design is perfect for all settings – especially so when you need a secure fit

## 1/ SONY SMART B-TRAINER™

This is a versatile multipurpose training device designed to enhance your daily exercise routines. It's chock-full of features such as 16GB of storage space, real-time voice coaching, numerous training plans, and intelligent music playback based on your heart rate. With up to six different sensors installed, the Smart B-Trainer can easily measure your heart rate, calories burned, distance, time, speed and more. Durability-wise, the Smart B-Trainer is waterproof and the non-slip neckband housing provides you the freedom to do more vigorous exercises. [sony.com.my/RM999](http://sony.com.my/RM999)

## 2/ JABRA SPORT COACH WIRELESS

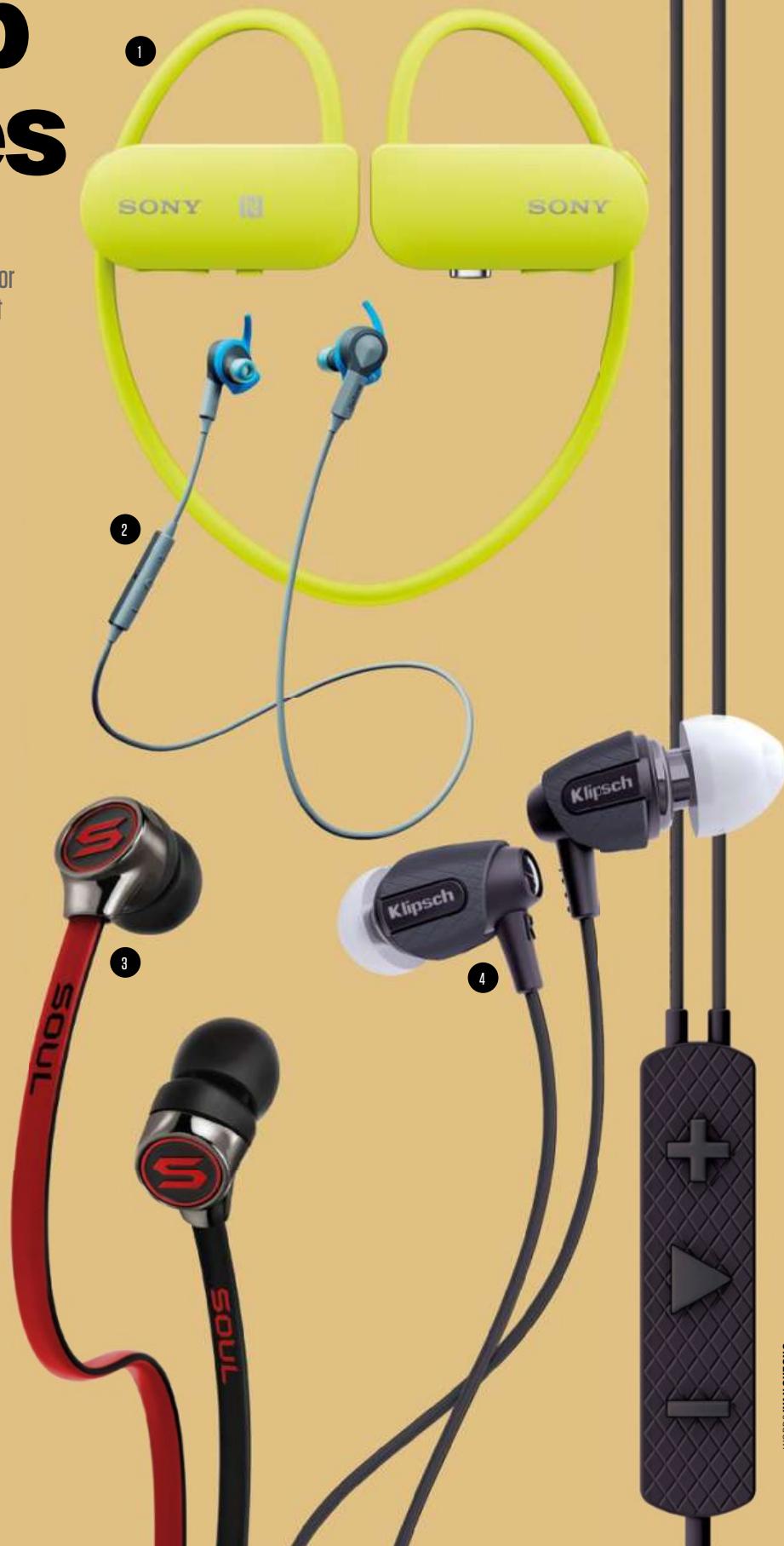
For those who love to train solo, this is ideal for you. It features an intelligent coaching system that enables you to plan, track and analyse your crosstraining and other indoor workout sessions. You can even blend in time- or repetition-based training with your favourite music to keep you pumped. Dolby speaker drivers give you exceptional audio fidelity, while the earphones are water-resistant and built to withstand even the most vigorous exercises. [jabra.com/RM649](http://jabra.com/RM649)

## 3/ SOUL MINI

Don't let the size of the Soul Mini fool you; these in-ear headphones pack a powerful punch since audio balance is one of its main features. The Mini brings powerful bass and crystal-clear mids for the optimal listening experience. The ergonomic design is not only eye-catching but lets you adjust the headphones to a secure and comfortable fit. And because the little things matter, the Soul Mini sports a tangle-free cable to save you from fumbling about. [soulelectronics.com/RM320](http://soulelectronics.com/RM320)

## 4/ KLIPSCH PRO-SPORT AW-4I

Featuring high-quality audio and an all-weather-resistant build, the Klipsch Pro-Sport AW-4i is great in-ear earphones for aficionados of outdoor or extreme sports. The AW-4i sports tough rubber mouldings on the exposed surface of each ear bud, keeping it water-resistant while retaining functionality in any kind of weather condition. It also creates an audio seal that isolates noise. Additionally, a three-button remote and an internal mic system offers full control over your songs and calls when connected to select Apple devices. [klipsch.com/RM505](http://klipsch.com/RM505)





# HAIR FOREVER

**Your questions about hair loss – answered by Dr Ruban Nathan!**

## How can you confidently claim: 'hair forever'?

We take the hair from the back of the scalp and its surrounding fat, which is genetically immune to the hair loss, and translocate them to the top and front of the scalp. Of course, to do so, the surgeon and hair technicians have to be experienced enough not to damage the follicles.

## How can we tell if a doctor is experienced?

The Ministry of Health (MOH) will issue a license to practice to those doctors who have proven their experience. The patient has a right to ask to see a copy of this LPC.

## Why do some doctors talk about hairs, and other grafts?

We don't talk about hairs anymore since 1984 when John Headington first described the true occurrence of hairs in the scalp in bundles of one to four known as follicular units. Our job is thus to preserve those bundles, which results in a better cosmetic result, not to mention the costing of the procedure should be done in accordance to per graft and not per hair.



## Are there any major risks involved?

We have been sharing our techniques by attending the ISHRS (International Society of Hair Restoration Surgeons) meeting, which began in 1994, and since then, the procedures have just gotten better and better.

## Does the hair regrow immediately?

No. It will take around four to six months to start growing. Initially they are fine and will gradually regain their full thickness in 10 to 12 months.



## Is it applicable to other indications apart from genetic hair loss?

Yes. Hair transplant is also used to increase eyebrow density, facial hair and even to replenish body hair. It is also used for burn patients as well as those who have lost hair from surgery, often as a result of brain surgery or facial trauma.

## Are there any non-surgical techniques to regrow hair?

Yes, and those that have been proven to work include the lotion version of an antihypertensive, 5-alpha reductase inhibitors and PRP – all of which works well in the early stages of hair loss.

## What is PRP?

Abbreviation for platelet-rich plasma, PRP is when a patient's blood is drawn from which the plasma is extracted. It is then stimulated (to release the growth factors) and reinjected into the deep layer of the skin. PRP is

often done during a hair transplant procedure to optimise hair regrowth.

## How come you don't get a transplant yourself, Dr Ruban?

This procedure is not compulsory, and is only necessary if one is not happy with one's appearance. Sadly, I'm easily pleased.

**[www.drruban.com](http://www.drruban.com)**



Dr Ruban Nathan, MBBCh(Ire) FRCP(UK) DipDermSc(UK) Dip Laser Surg(USA) FAAD (USA) AM (Mal), is the Senior Consultant Dermatologist at Dr Ruban's Skin & Hair Clinic (+ Nathan Skin, Laser Centre) & Sunway Medical Centre.

# The Great Outdoors

You're pounding away at the treadmill, clocking k after k when you realise this all seems very familiar. That's right – you remember seeing a hamster doing the exact same thing in a hamster wheel, only this time... Maybe it's time for a change in scenery. We've gathered a list of four places you can exercise in the great outdoors, and we promise, no hamster-wheel syndrome



## Bukit Tabur

Famed for its stunning views and quartz rich ridge, Bukit Tabur is popular with hikers of all levels. Relatively close to the city, it offers nearby respite from the bustling chaos of KL, complete with fresh mountain air and hints of native wildlife. Take heed though – there is a couple of tricky bits and so if you do decide to go for a hike, exercise necessary caution, wear appropriate footwear and go with a pal or in a group.



## Sky Trex

Unleash your inner spidey and take flight in various obstacles at Sky Trex. There are two parks to choose from – Shah Alam or Langkawi – with both parks offering different courses for all skill levels. Obstacle heights range from 5m to a soaring 30m, so if you want a chance to test your fear of heights, signing up for one of these could be your golden opportunity. And take it from us, once you're fully immersed in trying to figure out how to get from one obstacle to the next, being 25m up in the air won't even occur to you.

[www.skytrex-adventure.com](http://www.skytrex-adventure.com)



## Forest Research Institute Malaysia (FRIM)

FRIM has an impressive lineup of outdoor trails and activities, most notably the Canopy Walkway, which suspends walkers 30m in the air across a 150m bridge. Mountain biking on the FRIM campus is also an option for those with a thirst for adventure, with trails ranging from light to challenging. If that's too hardcore for you, jogging through the trails is always an option – just be sure to stick to marked trails so you don't get lost in the labyrinthine jungle!

[www.frim.gov.my](http://www.frim.gov.my)



## Putrajaya

With something to offer to everyone, Putrajaya is a great place to spend quality time with family and friends in a calmer, more tranquil context. There are options for you to go kayaking, canoeing or paddle boating. For those who want to stick to the land, there are cycling and jogging tracks. If you feel like something more communal, Fit Malaysia does a Get Fit Bootcamp every Thursday at 5.30pm. It's also a popular spot for picnics so if, after all that hard work you just want to hunker down with some grub – find a spot, settle in and bask in the glow of a beautiful sunset.

[www.ppj.gov.my](http://www.ppj.gov.my)

## CALENDAR

9

### One Championship: Tigers of Asia

Malaysia's best fighters go up against international contenders in one of the biggest MMA events this month. Watch homegrown superstars Peter Davis, Ann Osman and Gianni Subba showcase what they're made of at Putra Indoor Stadium. [www.onefc.com](http://www.onefc.com)

10

### National Sports Day

Spearheaded by none other than this month's cover guy Khairy Jamaluddin, the National Sports Day aims to steer all Malaysians towards a fitter and healthier lifestyle. Get in the spirit of things by getting active on the day!

[www.harisukanegara.my](http://www.harisukanegara.my)

10

### Malaysian Invasion Mixed Martial Arts (MIMMA) Season 3 Grand Finale

MIMMA Season 3 wraps up with a bang at the Putra Indoor Stadium. In addition to the Men's Category, MIMMA will also crown champions in two new categories: Foreign Pride and Women. [www.malaysianinvasion.com](http://www.malaysianinvasion.com)

23

### Zouk x Beatship: Paul Van Dyk

Grammy nominated DJ Paul Van Dyk will hit Malaysian shores this month, playing up a storm at the new Zouk KL on Jalan Tun Razak. If you want to be part of this party, tickets are available at [www.boxtix.com.my](http://www.boxtix.com.my).

23 & 24

### Oktoberfest 2015

The Malaysian German Society will hold their annual Oktoberfest shindig over the 23rd weekend in Penang. It will feature traditional Bavarian food and drink (ie beer) with entertainment provided by the Bavarian band Froschhaxn. [mgs.org.my](http://mgs.org.my)

WATCH OUT  
13–15 November

### Murfest

The Malaysian Urban Retreat Festival kicks off on 13 November at the Pullman Hotel in Bangsar, showcasing a huge range of workshops, products, talks and entertainment, all centred around health and wellness.

[www.murfest.com](http://www.murfest.com)

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# Make Your Home Comfortable

Improving the living quarters doesn't necessarily involve renovation or remodelling projects. Check out these five cool essentials

## RO Chair

Trust us, a great looking chair can instantaneously enliven any room. You can find this in nine distinctive materials with a mix of two fabrics: one for the shell and the other for the cushions. If you wish, you can also ask for it in a single fabric version and in leather. [xtrafurniture.com](http://xtrafurniture.com) RM13,000



## Dyson Fluffy

Your best bet against allergies is to ensure the living area is dust free, according to the Malaysian Society of Allergy and Immunology. No matter how big or small, spinning at 120,000rpm, coupled with Dyson's patented 2 Tier Radial cyclone technology – which flings dust out of the air and into the bin – this vacuum cleaner is engineered to create a clean home. [dyson.my](http://dyson.my) RM3,259



## Samsung Wireless Audio 360 R7

To provide convenience to your listening experience, this home audio device features 360-degree sound distribution capabilities, wireless connection with mobile devices via WiFi, and can be controlled using Samsung's Wireless Audio-Multiroom App. Besides, the contemporary oval design allows you to integrate the product easily into your home. [samsung.com.my](http://samsung.com.my) RM2,199



## Akemi Uchi Prominent Carsen Collection

You need to be in a pleasant, inviting and welcoming environment to get a good night's sleep, according to a UK study. Simple yet creative, the dual design allows you to change the look of your room every time you make your bed. Made from 100% Lenzing Modal® fibre, this fabric is soft on the skin and exceptionally ecological. *Fitted sheet set from RM559 to RM659 and quilt cover set from RM799 to RM1,190* [facebook.com/AKEMIUCHI](http://facebook.com/AKEMIUCHI)



## Diptyque Oud Scented Candle

Bring to life your living space with a captivating scented candle. Mysterious and alluring, the woody composition is enhanced by a cocktail of warm and intense notes. And the sandalwood found here may reduce anxiety, stress and depression, say aromatherapy experts. [kensapotheccary.com.my](http://kensapotheccary.com.my) RM249

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Life Inspired



# SHARK TANK SEASON 3

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 [litvchannel.com](http://litvchannel.com)

 [facebook/litvchannel](http://facebook/litvchannel)

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# Sweat Smell of Success

In a sticky situation? Embrace perspiration to stave off fatigue and remain cool under fire. You'll be home and dry



## 01\ WATER SPORTS

Sweat gets a bum rap, but it's merely evidence of an efficient thermo-regulatory system. As your heart rate increases, your rising core temperature activates your eccrine glands, which flood with water and electrolytes to cool your skin. Replace the lost sodium, magnesium and potassium with a Gatorade drink ([pepsimalaysia.com](http://pepsimalaysia.com) RM3) and you can wear your soaked shirt with pride.

## 02\ CHILL OUT, MAN

While there are no parameters for 'normal' perspiration, if you sweat excessively it could be a sign of hyperhidrosis. Avoiding caffeine, alcohol and spicy food helps (sorry). However – unless it's starting to interfere with your daily life – it's probably not worth worrying about. For more serious cases there's electromagnetic therapy ([whatclinic.com](http://whatclinic.com)), but speak to your GP before you lose your cool over the issue.

## 03\ BASE INSTINCTS

Sweat-wicking technology isn't big news, but it is clever. Opt for thin, merino wool, which draws moisture and bacteria to the surface of the fabric where it can evaporate. Bamboo is the latest material being used in under layers, offering a sustainable source of sweat-proofing products ([ziboosa.com](http://ziboosa.com)). Whatever you choose, never use fabric softener – it strips away the special coating.

## 05\ SPRAY WHAT?

While a glistening torso is all well and good, BO is a sign your apocrine glands are in action. Located in hairy areas of your body, these pump out a fatty fluid, which is broken down by bacteria. That's what brings the funk. Chalky antiperspirant only helps to block your glands, while natural aluminium-free deodorant, such as Aesop's (RM117) will allow your skin, and everyone else, to breathe.

# AESTHETICS 101

by Dr Steve Chia

## FACE LIFTING

Aging affects every part of our body especially the face from the skin to subcutaneous fat layers and deep into the muscle. Skin loses its elasticity and thickness, causing appearance of fine lines and wrinkles. Fat layers devolumise and sag downwards due to weak connective tissues causing appearance of eyebag, laughing lines, double chin and jowls. Facial muscles become thinner along with bony resorption. Conventionally, if you want to reverse the effects, you will need to visit to the surgeon's office. In recent years, however, a number of non-invasive treatments have cropped up that are worth considering. One of them is thread lifting procedure where fine threads are inserted directly under the skin layer to regenerate new collagen and elastin production.

## HAIR LOSS TREATMENT

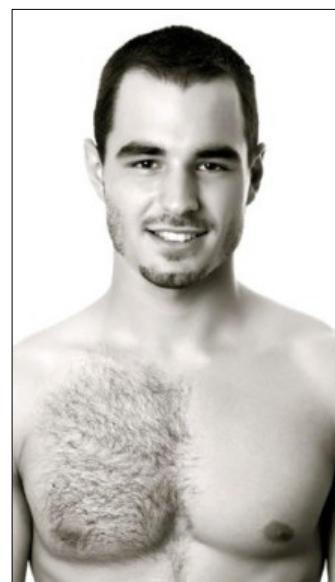
You may want to start hair loss

treatment before the condition become dormant. Upon consultation with your doctor, prescribed treatments can range from topical products to hormonal supplements to in clinic procedures such as hair mesotherapy and hair transplant. Hair mesotherapy is where a solution containing growth factors and vitamins is injected into the scalp whereas hair implant involves using synthetic hair or hair from the back of the scalp in the areas of hair loss.

## PLATELET RICH PLASMA TREATMENT

This is an in-clinic procedure done by medical doctors where the blood is withdrawn from the patient and then subjected to spin in a centrifuge. From this process we are able to harvest a small platelet rich plasma layer, which contains several different growth factors and cytokines that can help stimulate healing of soft tissues. This

treatment is first developed in 1987 in an open heart surgery procedure and currently has been gaining popularity in other fields including cosmetic, orthopaedic and dentistry. It is used in aesthetic as an alternative anti-ageing treatment to minimise the appearance of wrinkles and enlarged pores, and improve skin elasticity, hydration and pigmentation disorder. Rejection or incompatibility issues can be eliminated because essentially we are using patient's own growth factor. This procedure is often administered in combination with other treatments including laser or skin mesotherapy to boost with skin healing and recovery.



*Before and after double chin treatment using thread lifting method*



## HAIR REMOVAL

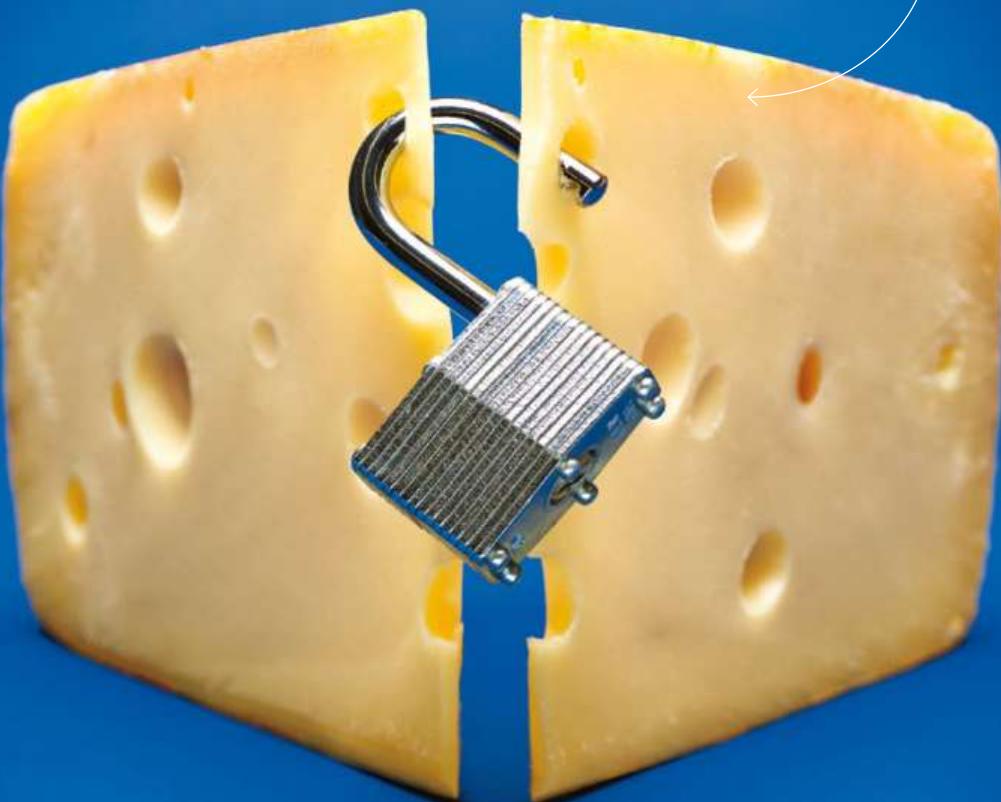
Laser and Intensive Pulse Light (IPL) are the preferred hair removal devices you often find in a clinic. The choice of device is based on patient's criteria as IPL is more likely to cause burn in darker skin individual compared to laser. Laser on the other hand is safer and has skin lightening effect besides removing hair. Laser and IPL target hair follicles during their active phase where the roots are at the largest with most abundance of melanin. This means repeated treatments are needed as at any point of time only 10 to 15% of the hair follicles are in the active phase. Often, a few treatments typically five to six sessions are required monthly before we can achieve a permanent result. Hair removal using these devices is noticeably less painful compared to conventional hair waxing or hair threading.



Dr Steve Chia, MBBS, AAAM (USA), is the medical director at Sliq Clinic. He has passions in aesthetic medicine and emphasises on delivering the best available treatment to his patients. His practice is located in Oasis Ara Damansara.



First Floor, Oasis Village,  
Oasis Ara Damansara,  
Petaling Jaya.  
Tel: 017-2775580  
fb.com/sliqclinic



## Nutrition Manual

# The Verdict on Saturated Fat

Evidence of links between heart disease and fat was full of holes. So unlock your lust for cheese and eggs. (Carbs: Still scary!)



## Get to Know Bacon and Butter Better

Fat gives beef, eggs, and cheese their luscious texture and flavour. Like all fats, the saturated kind contains nine calories per gram. But unlike unsaturated, these fats also contain tightly packed (or "saturated") carbon chains, which help them retain their structure at room temp. That's why sat fat-rich butter sits solid on the counter while olive oil, which is high in monounsaturated fat, does not.



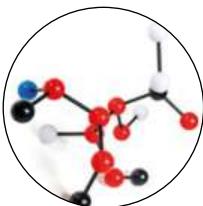
## Identify the Real Troublemakers

Saturated fat has a long history of being linked to heart disease. "Most of the data that is used to convict saturated fat is actually associated with excess calories from high-carb diets," says Dr Donald Layman, a professor emeritus of human nutrition at the University of Illinois. "Replacing carbohydrates in your diet with saturated fat usually reduces blood pressure and cholesterol."



## Repeat: "The Lard Is My Savior..."

Look for grass-fed organic beef, pasture-raised chicken, and free-range eggs. Grass-fed beef contains higher levels of heart-healthy omega-3 fatty acids than the grain-fed variety, according to Texas A&M University research. And eggs from pasture-raised chickens pack more omega-3s than those from their cooped-up counterparts, according to nutritional analysis from Penn State.



## CHAIN REACTIONS

THREE TYPES OF FATTY ACIDS, AND HOW YOUR BODY EMPLOYS TWO TO MAKE YOU AWESOME

### SHORT-CHAIN

These fatty acids provide energy for digestion and may protect colon cells from inflammation, according to a 2014 *Advances in Immunology* study. Your body produces them when fibre ferments in your colon, which sounds disgusting. The good news: dairy is another rich source. So shop the coolers for milk, butter, yogurt, and cheese.

### MEDIUM-CHAIN

When you consume medium-chain fatty acids, your body sends them to your liver for processing. There they produce compounds called ketones, which help tell your appetite when to quit, Layman says. So yes, fat can fill you up. The medium-chain fatty acid you eat most often is lauric acid; it's in butter, milk, and cheese, but palm oil and coconut oil are the richest sources.

### LONG-CHAIN

The most common form of saturated fat is palmitic acid. Too much in your body's tissues can signal poor heart health, which happens when your body stores excess carbs as fat. However, cooking with palm oil or lard won't necessarily affect tissue levels, says Dr Dariush Mozaffarian, dean of the School of Nutrition Science and Policy at Tufts University.



Food styling and photography by Yellow Mango Communication

## Pesto Penne with Grilled Chicken Breast

**(serves 4)**

**Preparing time:** 10 minutes

**Cooking time:** 30 minutes

### INGREDIENTS

- Whole-wheat penne 500g
- Chicken breast 665 g
- Pine nuts 50 g
- Walnuts 50g
- Sweet basil 80g
- Garlic 20g
- Extra virgin olive oil 200g
- Salt and pepper (optional)

### METHODS

- 1/ Toast pine nuts and walnuts on a saucing pan over medium heat until golden brown
- 2/ In a food processor, blend pine nuts, walnuts, sweet basil and extra virgin olive oil
- 3/ Cook whole-wheat penne in salty boiling water for 12 minutes
- 4/ Drain penne and stir in the pesto paste
- 5/ Season chicken breast with salt and pepper, and sear it in a saucing pan over medium heat
- 6/ Slice chicken breast then top it on the pasta and finishing with some basil



# The ONE Way to the Top

ONE Championship CEO Victor Cui's deep involvement with martial arts and MMA has transformed his approach towards work and life. Check out his two cents on coping with whatever comes your way and stepping up your game

**"WE LIVE, BREATHE AND KNOW IN** our DNA that every great martial arts hero – Bruce Lee, Jackie Chan and Jet Li – is from Asia. It's the only sport that's truly Asian. What I really love is that for the first time in Asian sports history, we're showcasing some of the best athletes and talents to the rest of the world," Victor Cui, CEO of ONE Championship, is talking about the special role that martial arts play in this region. Despite its strong roots in Asia, MMA is still a relatively new sports

here. "We're taking the sports to different countries, all across Asia," Cui says before revealing that ONE Championship's got 15 events for 2015 alone. He lists some of the challenges involved when you embark on a project at such a grand scale like different cultures and government policies, before pointing out, **"It's the opportunity that makes it so exciting."**

Cui recalls an obstacle they'd faced recently while organising a match in Myanmar. "We were

transporting our equipment by truck from Thailand to Myanmar. Our trucks got stopped by the rebels across the border." Acting on instinct, Cui had speed dialled his friend, a general in the Myanmar army, to request for help. The solution? An army escort was dispatched to negotiate with the rebels. Cui recalls with a laugh, "The army escort ended up accompanying our trucks all the way to the stadium. The rebels also asked for tickets to the match, so we gave them some and they turned up too."

If Cui's experience doesn't convince you to forge better relationships, this quote from his grandfather might: **"If you need a relationship, then it's too late to build it."** He explains that he's managed to adopt the particular philosophy a bit further as he genuinely loves meeting people and is curious about them. **"I don't go out thinking, 'I wonder what this person can do for me' – I just enjoy interacting with people and learning from each person I meet. It's allowed me to meet so many people and build better relationships, which has helped a lot with my business."**

Cui addresses why it's so vital to have top quality individuals on your team, saying, **"I want to be around people that challenge me to grow. Our champions want to become world champions; I want to be around the best people in the world at what they do so that I can be a better entrepreneur, CEO, father and friend too."** He reflects on how the core spirit of martial arts has inspired him, saying, "It's existed and persisted for so long throughout Asia because it teaches a philosophy of life that we really believe in. You don't just learn something that's passed down through tradition – it also teaches you to be a better person and contribute to your community. That's what I strive for."

## MAN UP AND ROLL WITH LIFE'S PUNCHES

### BE UNREASONABLE

"There's a word that's always used in a negative sense, but I use it in a positive way. It's 'unreasonable'. I believe to be really, really successful in life and to do things that nobody else can do, you have to set out unreasonable goals. Reasonable men set reasonable goals and achieve average, reasonable results. It's a long journey, but I believe you'll only achieve success when you set unreasonable goals and strive towards them."

### STAY CONNECTED TO YOUR NETWORKS

"I've been living and doing business in Asia for over 10 years now. My relationships in the region are very strong. People that I'd sat next to at weddings, who were mid-level managers then, are CEOs of corporations now. Build relationships that'll make it easier for you to go from country to country."

### SET THE BAR HIGH. THEN JUMP OVER IT

"Don't work for the applause of men. I want to be around people who want to produce the best work of their lives – they're driven to do it, even when no one's watching. It's always easy to say 'that's enough' when you're tired and frustrated, and let things slide when no one's there to supervise you. But when you do that, you won't have be satisfied with your job. Be proud and make it the best job you could do."

### EXPECT THE UNEXPECTED

"You can train and use all the game plans you want. Employ all the strategic plans to figure out and study your opponent. But you never know what you'll do till you get punched in the face. That's when you have to reevaluate your plan and what you're doing. Business is like that; you can make all the plans but until you get into it, you don't know how you can move and adapt."



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Office memo: It isn't just job security you have to worry about. Your 9-to-5 is slowly plotting to take you down

# 6 Sneaky Office Assassins

Backstabbing coworkers just hurt your career. The real work enemies endanger your health

## CERTAIN JOBS COME WITH A CLEAR ELEMENT OF DANGER.

Skyscraper window washer. Rattlesnake handler. North Korean dictator. With these gigs, you know what you're signing up for. Not so with the average office job. While you probably think you're safe from anything worse than a paper cut or a bruised ego, hidden health threats are lurking by the copier, hanging from the ceiling, and crawling around the vending machine. Heck, you'd practically need a map to spot them all. Hmm...Okay, here it is, along with the stay-well wisdom you won't find in your employee handbook.

# 1

## The Open-Office Plan

You've heard the hype about open-office layouts: they foster collaboration! You'll be more productive! They also turn your workplace into a petri dish. In a Danish study, employees in these setups took 62% more sick days than those who sat in individual spaces. Of course, no walls means virus-laden sneezes and coughs travel more easily, but it also means you're constantly exposed to noise. This, combined with a lack of autonomy in the workplace, may be why people who toil away in open offices take more sick days, the study authors say.

### ► TUNE OUT YOUR COWORKERS

Researchers in Sweden have discovered that people are better able to recover from stress when they listen to recordings of nature sounds rather than normal ambient noises. Playing sounds like birds chirping at low levels, they explain, may be more effective because they're more familiar to you. Noises that are undecipherable, however, are tougher to tune out and can induce more stress.

# 2

## The Desk Chair

Warning: dead man sitting. Every hour you spend glued to your seat at work increases your risk of developing deep vein thrombosis by 10%, say New Zealand scientists. And that risk rises exponentially if you don't move at noon: people who sit for prolonged periods and consistently scarf down lunch at their desk are twice as likely to form

blood clots in their veins as those who eat elsewhere, the researchers say.

► **UNSEAT YOURSELF** It's easy to ignore a reminder on your computer to stand every half hour, so you need to get creative. Stow your brown-bag lunch in your office mailbox. (Read on for why it shouldn't be in the fridge.) When you get hungry enough, you'll have to stand up and hunt down your grub. And when you are sitting, do calf exercises to boost bloodflow to your legs, suggests Dr M. Hassan Murad, a professor of medicine at Mayo Clinic. Alternate lifting your heels and toes a few times an hour.



# 3

## Fluorescent Lighting

Some office health threats are especially glaring — like those overhead fluorescent light fixtures. A recent Australian study review concluded that people who work under fluorescent bulbs have a higher risk of developing eye problems, including cataracts and possibly macular degeneration. That's because these bulbs beam out UV-A, UV-B, and UV-C radiation, which can be dangerous when it constantly bombards your eyes.

### ► DON'T LET BULBS SCREW WITH YOU

Flip off the fluorescents and raise the blinds. This indirect natural light — as opposed to blinding, in-your-face sunshine — can be easy on your eyes and has bonus benefits: Doses of daylight can help you feel healthier and log more shuteye at night, say Northwestern University researchers. No window? Use a lamp with a warm white LED bulb; research from Stony Brook University suggests that they emit little to no UV radiation. Try the Philips 70W Cool Daylight LED (philips.com.my RM22.90).



# 4

### The HVAC System

Most buildings are designed to keep the outside air out and the inside air in. While this saves your company on utility bills, it could cause a slew of health problems for you. That endlessly recycled air is likely contaminated with volatile organic compounds, toxic particles emitted from printers and copiers, cleaning solutions, and even your colleague's cologne, says Peter Dooley, an industrial hygienist. And because these particles are usually

ultrafine, they tend to lodge more easily in your lungs, potentially causing headaches, dizziness, respiratory illnesses, or even heart disease.

► **GROW A PAIR** So maybe you can't ask your boss to take it easy on the aftershave. What you can do is clear the air by bringing in a couple of potted plants and placing them on your desk and around the printers and copiers. According to a Penn State study, snake plants and spider plants have both been shown to be effective at reducing indoor ozone concentrations.

**WHAT'S THAT RACKET?**  
**PEOPLE WHO WORK**  
**IN OPEN OFFICES USE**  
**62% MORE SICK DAYS.**  
**EXPOSURE TO**  
**CONSTANT CHATTER**  
**MAY BE TO BLAME**

# 5

### The Tenure

Cripes, look what the Man (or Woman) has done to you: you used to walk erect like a human being, but years of being chained to your desk have left you hunched like a seated Neanderthal. When your shoulders slump, your self-esteem does too: a 2014 study in *Health Psychology* found poor posture can subconsciously sap confidence.

► **GIVE PALMS TO POOR POSTURE**

While sitting or standing, place your palms so they face the side of your thighs. This seemingly minor tweak opens up your chest and rolls back your shoulders, which is the proper form for good posture, says Susy Russell, a physical therapist based in Virginia.

# 6

### The Company Kitchen

Along with your midday meal, a helping of microbes may be on the menu too. Three of the germiest office spots are microwaves, refrigerators, and the handles on break room faucets, according to a Kimberly-Clark Professional report.

► **EMBRACE A LITTLE OCD** You're probably not going to disinfect the fridge or microwave after each use, so at least wash your hands before and after. Or simply avoid putting your food inside them.



I HAVE WHAT?  
**GEOGRAPHIC TONGUE**

Even though you bite it and burn it, your tongue usually doesn't give you any lip. So you might be a little freaked out to look in the mirror and see red patches with raised white borders. Easy does it: you probably just have benign migratory glossitis, a.k.a. geographic tongue, a non-life-threatening condition that occurs in about 2.2% of Malaysian in the Klang Valley area. "It gives your tongue the appearance of a map," says Dr Eric Stoopler, an associate professor

of oral medicine at the University of Pennsylvania. Why the atlas in your oral cavity? No one's sure, though it has been associated with psoriasis and stress. Maintain good oral hygiene, and the patches should vanish in a week or two, although they may recur, says Dr Stoopler. If you experience any swelling, itching, or stinging, say "aah" for your dentist, who can prescribe topical meds to relieve the symptoms. —MELISSA ROMERO/JOHN NG

Check out our website at [mens-health.com.my/insideout](http://mens-health.com.my/insideout) for the latest event and promotion updates.



### Understanding Men's Sexual Health

Themed "The Quest towards Improving Men's Health in Primary Care", Menarini and the Medical Faculty of Universiti Kebangsaan Malaysia recently conducted a two-day course in Tanjung Jara Resort, Terengganu. The event featured comprehensive lectures and workshops covering common conditions surrounding men's health as well as practical approaches to address the fact that men are often less open in talking about their health problems, signalling a need by primary care physicians to adopt a more proactive approach.

[controlPE.com.my](http://controlPE.com.my)



### Uniqlo: Reinventing Jeans

Continuing its commitment to produce innovative apparel, Uniqlo recently introduced its latest F/W '15 jeans collection. The new line was unveiled under the tagline of "RE-JEAN", representing Uniqlo's intent to challenge the way we think about what jeans should be. Held at Asia's largest indoor climbing gym Camp5, One Utama, media members who attended the launch participated in fun, adventurous challenges while wearing the denim.

[uniqlo.com.my](http://uniqlo.com.my)



### Evisu's Sports Luxe

Distinct with an overarching relaxed and easygoing style, Evisu's F/W '15 features the sportswear-inspired "Grandslam", vibrant and colourful "Playful Nostalgia", and its continuing "Evergreen" range. Maintaining the quintessential Evisu spirit, the new collection explores innovative and unexpected detailing that elevates its range of sportswear, denim, outerwear, and statement pieces.

[evisu.com](http://evisu.com)



# Say Goodbye to Average Joes

Prepare your palate for the best sloppy joe you've ever tasted. Then eat seconds off the table, your hands, the floor...

**HEARTY, HANDHELD, AND LOADED WITH PROTEIN, THE** sloppy joe should be one of the greatest culinary creations in all of American history. It's too bad the typical home cook doesn't treat it as such. When the prep work starts with a can opener, the final product tends to look like something you'd plop into Fido's dog bowl and taste like the BPA-lined can it came in. So we enlisted Francis Derby, executive chef of The Cannibal in New York City, to help us craft a joe that includes rich, meaty beef short ribs, plus ketchup, Coca-Cola, and beer. First step: Buy more napkins.



1

## Befriend a Butcher

Ground beef is fine. But beef short ribs are better, says Derby. "They add a texture that offsets the softness of the bun – almost like pulled pork." Start with 1.13kg of bone-in short ribs, enough for about 14 joes. And remember: marbled meat provides maximum flavour.

2

## Sizzle the Meat

Season the beef with salt and pepper. In a Dutch oven or large, heavy-bottomed pot, heat 1 Tbsp vegetable oil on medium high. When the oil is hot, add the beef, working in batches if necessary, and brown on all sides, 2 to 3 minutes per side. Transfer the seared meat to a paper-towel-lined plate. Preheat the oven to 162.8°C.

### QUICK TIP: PICK UP ALL THE PIECES

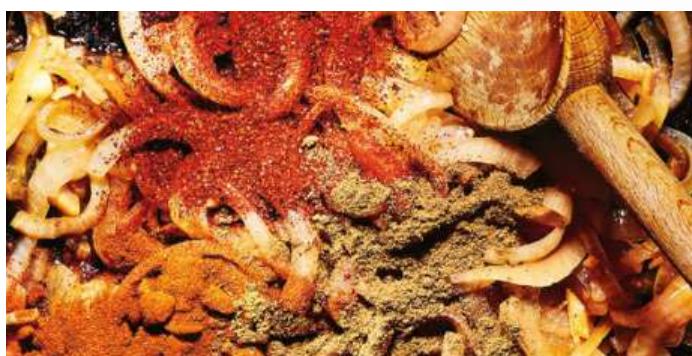
Before adding the spices, scrape up the bits of browned meat sticking to the pot. They'll add deep, savoury flavour to the joes



3

## Lay a Flavour Foundation

Think of sloppy joes as chilli: they should be earthy but also bright and spicy – not palate-scorching. For the best flavor, you'll need



heat, sweet, spice, and smoke. So in the vessel you used to cook the beef, add 2 thinly sliced medium Spanish onions and 5 minced garlic cloves. Cook, stirring occasionally, until the onions are translucent, 3 to 5 minutes. Add 1 1/2 Tbsp smoked paprika, 1 1/2 tsp chili powder, and 1/2 tsp each of cumin and coriander. Cook, stirring, until fragrant, 1 to 2 minutes. Add 1 cup of tomato paste and stir until slightly browned, 2 to 3 minutes.

#### **SUPERIOR SIDE: STIR UP A SLAW**

As the meat cooks, whip up some coleslaw. Combine 1 head shredded cabbage, 1 cup mayo,  $\frac{1}{2}$  cup whole grain mustard, 2 Tbsp Dijon,  $1\frac{1}{2}$  Tbsp cider vinegar, and 1 Tbsp each of sugar, salt, pepper, and celery seed; toss. Let the slaw rest 30 minutes. Makes 9 cups

## 4

### Leverage Liquid

Slow, moist heat helps break down connective tissues, resulting in supremely tender beef. And a tangy base infuses the ribs with even more flavor. Add the following to the pot:  $\frac{1}{2}$  cup Coca-Cola (for sweetness),  $\frac{1}{2}$  cup brown ale (for nutty bitterness),  $\frac{1}{2}$  cup ketchup (for tanginess and a hint of acidity), and  $\frac{1}{4}$  cup soy sauce (for that salty, savory quality). Cook till thickened, 3 to 4 minutes, and then add the beef back to the pot, followed by 2 cups of chicken stock. Bring the mixture to a simmer, put a lid on the pot, and transfer it all to the oven. Cook until the meat falls off the bone, about 3 hours.



## 5

### Start Shredding

Using tongs, transfer your short ribs to a cutting board. Shred the meat with two forks and throw away the bones. Then skim and discard any fat from the cooking liquid. Add the meat back to the pot and simmer until the mixture thickens, about 10 minutes. Season with salt and pepper to taste.

## 6

### Serve the Slop

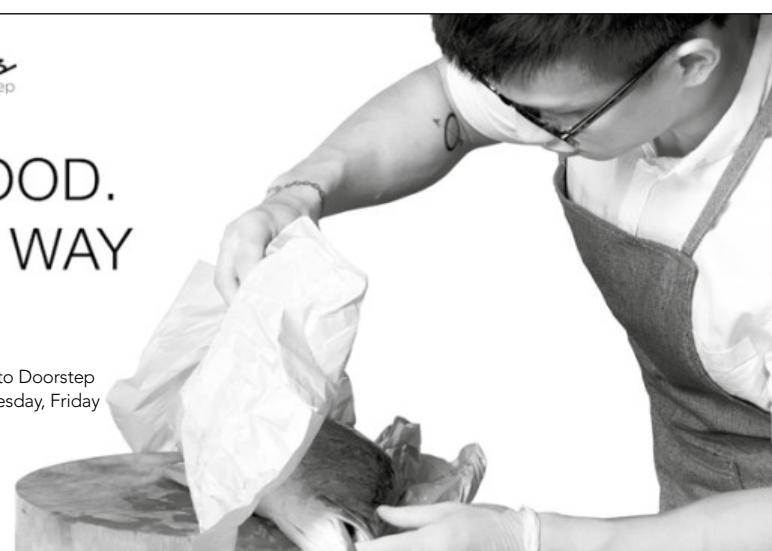
Derby's sloppy joe buns of choice are Martin's potato rolls. For extra chew, toast the buns open-faced on a sheet pan under a broiler for about a minute, or until golden brown. Then scoop  $\frac{1}{2}$  cup of the meat mixture onto each bun. Serve with coleslaw. And hey, grab yourself a beer. You deserve one.



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# Your Pushup Power Plan

Transform a classic exercise into a total-body muscle builder with this complete guide to the most important move for men

1

## Use the Pushup to Test Your Strength and Power

Performing 50 pushups in a minute is a classic fitness benchmark. "But you rarely see guys do even 1 rep with perfect form," says Rob Shaul, CSCS, founder of the training facility Strong Swift Durable. "So whenever a guy tells me he can do 50 in a minute, I tell him to do it

with the dead-stop pushup, where you lower yourself to the ground and lift your hands." That pause eliminates help from the stretch reflex – the tendency of a muscle to spring back to a shortened state when stretched – and forces you to move through a full range of motion. The result? No cheating. "It's a true test of strength," says Shaul. Read on to test yours, and then follow Shaul's plan to increase it.

### Dead-Stop Pushup Test

Assume a pushup position with your feet together, your body straight, and your hands below but slightly wider than your shoulders, as shown above. Lower your body to the floor. Lift your hands off the floor, pause, and then place them back on the floor and push up explosively. Do as many as you can in 60 seconds. Twenty is average; 30 is exceptional.

### Boost Your Strength

Add the dead-stop pushup to three of your weekly workouts. Do 5 sets, using the chart below to guide your reps. Retest yourself after 4 weeks. Repeat the 4-week cycle until you reach your goal: 30 perfect reps.

WEEK 1	40% OF YOUR TEST NUMBER
WEEK 2	40% OF YOUR TEST NUMBER
WEEK 3	50% OF YOUR TEST NUMBER
WEEK 4	60% OF YOUR TEST NUMBER

## PYRAMID PUSHUPS



**1/ Single-Leg** Perform a pushup, but elevate one leg instead of keeping both feet on the floor.



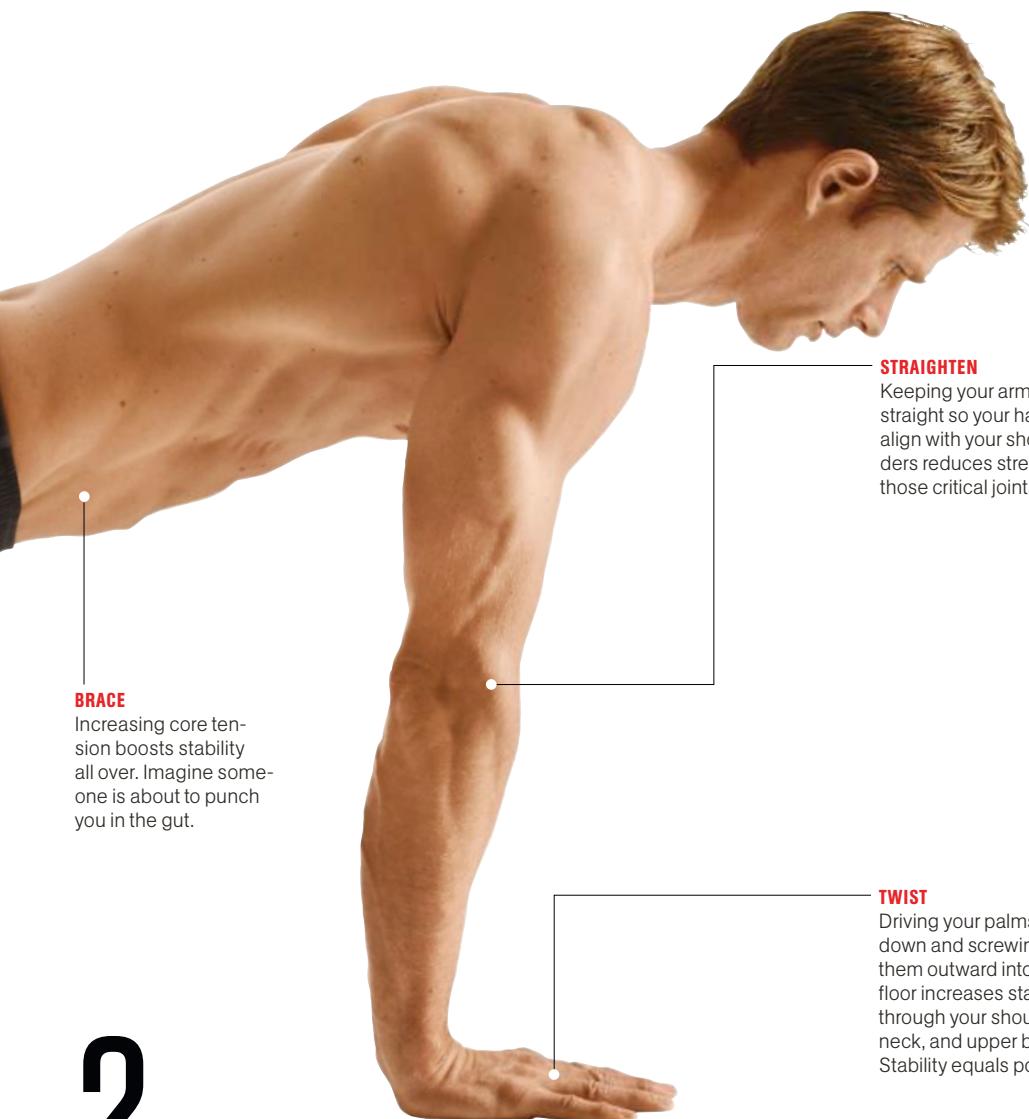
**2/ Dive Bomb** Start with your hips up; then pull your body forward, lower your hips, and straighten your arms.



**3/ Knee-to-Chest** As you press up, bring a knee toward your chest. Alternate knees with each rep.



**4/ Clapping** Do a pushup, but press up with enough force to launch off the floor and clap.



# 2

## Transform the Pushup into a Total-Body Workout

If you see the pushup as only an exercise, you're not realizing its full potential. "By combining different variations, you create a workout you can do anywhere," says Martin Rooney, CSCS, founder of Training for Warriors. See for yourself with his pushup pyramid.

**DIRECTIONS** Start at the base of the pyramid on the bottom left. As you work your way up one side and down the other, perform the number of reps indicated in the black circle for each exercise. (See the descriptions below.) Rest as needed according to your fitness level.

**BEGINNER/** Between each exercise.

**INTERMEDIATE/** At the top (between sets of knee-to-elbow pushups).

**ADVANCED/** At the end. Repeat.

### STRAIGHTEN

Keeping your arms straight so your hands align with your shoulders reduces stress on those critical joints.

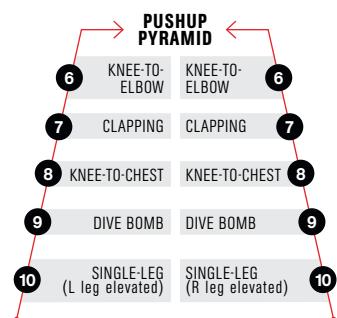
### TWIST

Driving your palms down and screwing them outward into the floor increases stability through your shoulders, neck, and upper back. Stability equals power.

## THE SINGLE-ARM PUSHUP CHALLENGE

Blame Rocky Balboa for making the single-arm pushup the benchmark that separates chumps from champs in the gym. "It's a high-skill, high-strength pinnacle exercise," says Mike Fitch, CSCS, of Global Bodyweight Training. "The move ensures that both of your arms are equally strong, and activates your core more than a standard pushup does, forcing it to work harder to stabilise your body."

**CONQUER IT** Twice a week, do the exercises in the single-arm pushup progression below as a circuit, moving from one to the next with 60 seconds of rest after each move. Do 3 circuits. Each week, do the elevated single-arm pushup slightly lower (so you might progress from a high box to a bench to an aerobic step) until you can do 5 reps on the floor with perfect form.



## SINGLE-ARM PUSHUP PROGRESSION



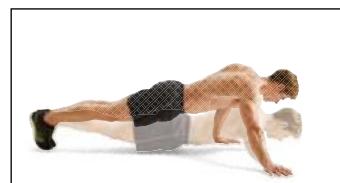
**5/ Knee-to-Elbow** Do a pushup, but touch your knee to your elbow at the bottom. Alternate sides each rep.



**1/ Elevated Single-Arm** Spread your feet. Put one hand on a bar or tall box. Do 1 to 5 reps, switch arms, repeat.

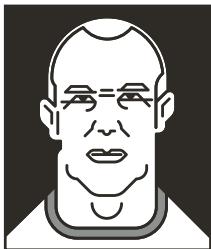


**2/ Skydive** Lift your left leg. Put your left palm, right fingers, and right knee on the floor. Do 5 reps, switch sides, repeat.



**3/ Archer** Move one hand farther out to the side than the other. Do 10 reps, switch arms, repeat.

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678\*

**TIME**  
27:33

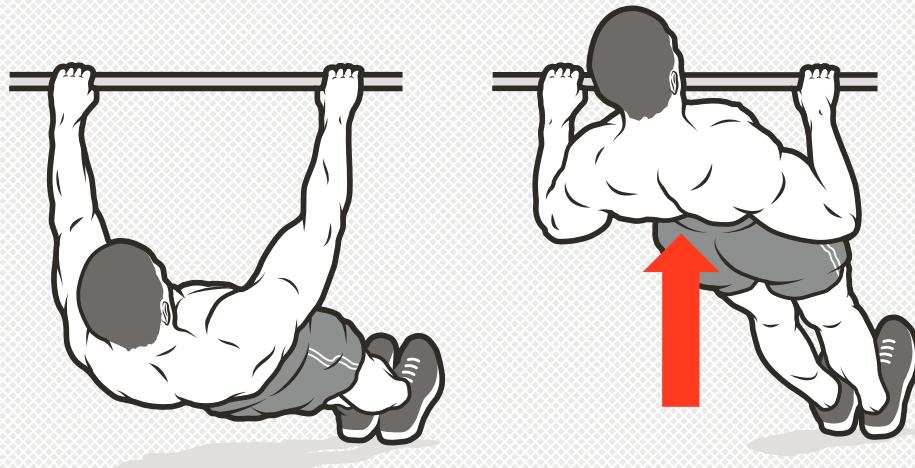
\*As measured by a fit 6'3", 115.7kg man using a Garmin FR70 fitness watch

**DIRECTIONS**

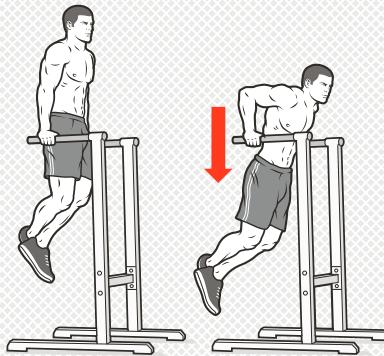
Do this workout 3 days a week for 4 weeks. Start with the warmup, doing the moves back-to-back in a circuit (10 reps of each, 5 circuits total). Next, load a barbell (see "Find Your Perfect Weight" on the back of this pullout) and do the main workout. Perform the exercises as a circuit; start with 10 reps per move and subtract 1 rep in each successive circuit (10 circuits total). Rest as needed. Try to finish the workout faster each week.

**1****WARMUP****1/ Inverted Row**

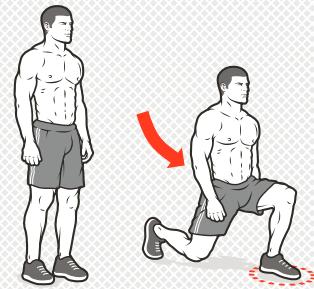
Set a bar at about waist height and hang below it using an overhand, shoulder-width grip. Your arms should be straight (hands directly above your shoulders), your body straight from head to ankles, and your heels touching the floor. Begin by pulling your shoulder blades back, and then continue to pull with your arms to lift your chest to the bar. Pause, and then lower your body back to the starting position.

**2/ Dip**

Grab the bars of a dip station and lift yourself up so your arms are straight. Bend your knees and cross your ankles behind you. This is the starting position. Shift your torso forward and lower yourself as far as you can without discomfort. Pause; push back up to the starting position.

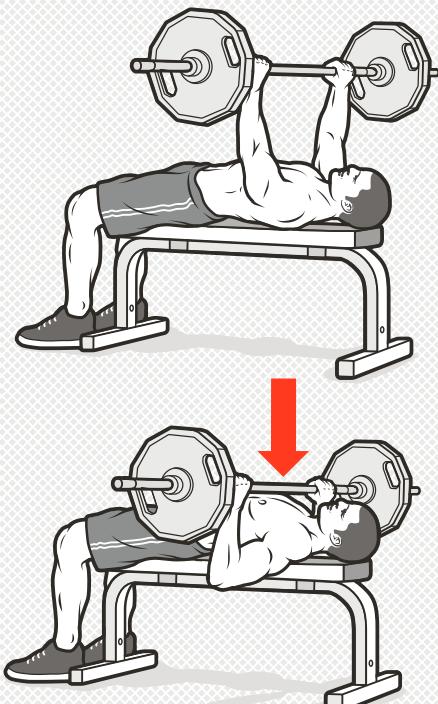
**3/ Body-Weight Lunge**

Stand tall with your arms at your sides. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees. (Don't let your back knee touch the floor.) Pause, and push yourself back up to the starting position as quickly as possible.

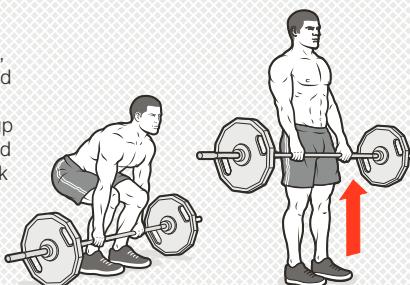


**1/ Barbell Bench Press**

Grab a barbell using an overhand grip that's just beyond shoulder width, and hold it above your sternum with your arms straight. Lower it straight down, pause, and push it back up to the starting position. Keep your elbows tucked so that when you're in the down position, your upper arms form a 45-degree angle to your body.

**2/ Barbell Deadlift**

Roll the barbell against your shins and grab it using a shoulder-width, overhand grip. Keeping your back flat, pull your torso back and up, thrusting your hips forward as you stand up with the bar. Pause, and then lower the bar back to the floor, keeping it close to your body.



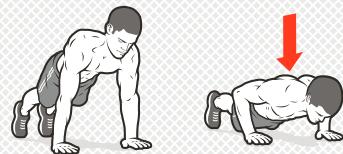
**FIND YOUR  
PERFECT WEIGHT  
ONE BAR AND ONE  
SET OF PLATES  
IS ALL YOU NEED.**

Gym Jones workouts often use the same load for every move. Why? "In the real world, things weigh what they weigh," says the gym's training director, Rob MacDonald.

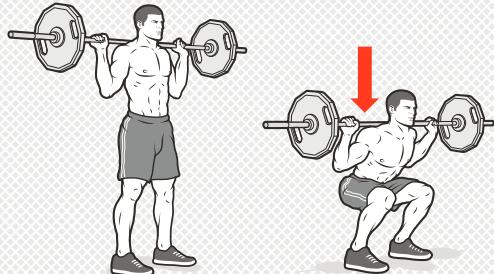
"If you have to push a car, pick up a heavy bag, or move furniture, you don't get a magic button that adjusts the weight for you." For this workout, select the heaviest

**3/ Pushup**

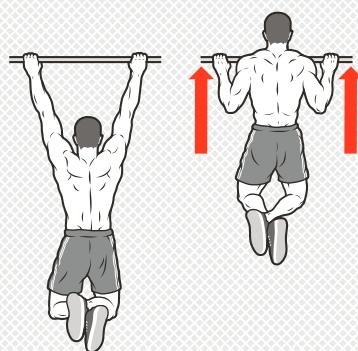
Assume a pushup position with your feet together, arms straight, and hands positioned below but slightly wider than your shoulders. (Your body should form a straight line from head to ankles.) Keeping your elbows tucked, lower your body until your chest nearly touches the floor. Pause, and return to the starting position.

**4/ Barbell Squat**

Stand tall with your feet shoulder-width apart, using an overhand grip to hold a barbell across your upper back. Keeping your back flat, push your hips back and lower your body until your thighs are at least parallel to the floor. Pause, and return to the starting position.

**5/ Pullup**

Hang at arm's length from a pullup bar, using an overhand grip that's slightly beyond shoulder width. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and slowly lower your body back to the starting position.



AVERAGE	→ 95	BARBELL WEIGHT (IN POUNDS)
STRONG	→ 135	
GYM JONES STANDARD	→ 185	
BADASS	→ 225	

# Solve the Calorie Equation

**You can count calories all you want. Until you know these 6 key facts, they won't add up**

**A 300-CALORIE DOUGHNUT IS NOT**  
the same as a 300-calorie chicken thigh.  
But you knew that, right? Of course you  
did. Doughnuts spike blood sugar and  
leave you hungry, while chicken provides  
tons of muscle-building, hunger-fighting  
protein. Yet outside of fitness magazines  
and CrossFit boxes, nutrition  
conversations rarely go deeper than  
calories. Calories are posted on  
restaurant menus and stamped on  
packaged foods. They're ticking away on  
fitness trackers and adding up in  
smartphone apps. They're like the  
Kardashians of nutrition – confusing and  
overrated, yet completely inescapable.  
And every time you see them, you're  
probably being fed misinformation.

Take nutrition labels: when it comes to calories, those labels can be misleading. Why? Because they presume all calories are the same. In fact, your body handles calories differently depending on their source. As for exercise and lifestyle, studies show that fitness trackers don't always count calories correctly, that the gym may not be the best place to burn them, and that those late nights at the office (and lack of sleep afterward) can pad your waist more than your wallet.

We'd bet there's at least six things you don't know about calories – and that lack of knowledge could be weighing you down. It's time to make the math less fuzzy.





## 1/ Your Fitness Tracker Has a Counting Problem

In a 2014 study from Iowa State University, scientists asked 60 people to strap on one of eight different fitness trackers and then complete an hourlong workout. Afterward, they compared each tracker's results to the participant's total oxygen consumption – a trusted measure of calorie burn. The verdict? Every tracker they tested was off by nine to 23%.

► **USE YOUR PHONE** Researchers at the University of Pennsylvania found that apps like Moves and Health Mate showed less variability than wearable devices when tallying step counts, which is what most calorie estimators use to calculate how much you burn.



## 2/ "Nutrition Facts" Labels Are Far from Accurate

The calorie stats on packaged foods are based on a 100-year-old formula and can be up to 25% off, says Dr Rachel Carmody, a postdoctoral fellow at Harvard. The true caloric content of a food may be lower than what's on its label, thanks to its "thermic effect" (i.e., the energy required to digest it). How much lower depends on how your body works to process it.

► **EAT MORE PROTEIN** Meats and vegetables make your metabolism burn hottest, delivering 20 to 30% fewer calories into your system than more-easily digested simple carbs like pasta and ice cream. Limit simple carbs to less than 10% of your total intake.



## 3/ Antibiotics Might Inflate Your Calorie Intake

We're not talking about what your doctor prescribes. We're referring to what you buy from the butcher. Preliminary research shows that the 16.3 tons of antibiotics given to livestock each year can skew the balance of bacteria in your gut, nurturing a microbiome that's more efficient at pulling calories from food and shuttling them into your body, says Carmody.

► **GO ORGANIC** In addition to eating antibiotic-free meat, dairy, and fish, stock up on vegetables and whole grains. "A fibre-rich diet nurtures microbes that aren't as efficient at extracting energy," says Carmody. If you're trying to lose weight, that's a good thing.



## 4/ The Processing of Food Unlocks More Calories

You already know that keropok is a caloric nightmare. But any kind of processing – including juicing, grinding, milling, and cooking – breaks food down, rupturing cell walls and reducing the energy required for digestion. "Not only does processing make it easier to extract calories, but also fewer of them are excreted," says Carmody. The result is more calories entering your body and staying there.

### ► STOCK UP ON WHOLE FOODS

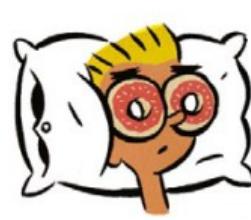
More than 75% of the calories Americans eat are from moderately or highly processed foods. Only 23% come from whole or minimally processed foods. Your goal: reverse the ratio. Focus on single-ingredient foods, like fish and fruit.



## 5/ You Can Burn More Calories Outside the Gym

If you're a 180-pound guy, your vigorous 30-minute strength workout will burn about 245 calories. That's good – but it's still only a fraction of what you burn each day through nonexercise activity thermogenesis. Indeed, the cumulative calorie burn of everyday pursuits like brushing your teeth and playing pool after work with your pals is far greater than anything you can hope to achieve in the gym.

► **STOP SITTING AROUND** "You have the ability to increase your burn by as much as 1,000 calories a day by spending more time in motion," says Dr James Levine, a professor of medicine at Mayo Clinic. Check out "Boost Your Burn" (right) for six ways to do just that.



## 6/ Skipping Sleep Makes You a Calorie Vacuum

In a University of Colorado study, people who were restricted to five hours of sleep a night consumed 6% more calories a day. That alone was enough to pack on 1kg over a five-day period. And according to study author Dr Kenneth Wright, sleep-deprived people are also more likely to binge on carbs and high-calorie snacks after dinner – habits linked to weight gain.

► **HYPNOTIZE YOURSELF** When you hit the sack, imagine yourself nailing 50 free throws or repeatedly teeing off on your favorite par 3. "Visualization reduces anxiety and lets your brain's sleep mechanism engage," says Men's Health US sleep adviser Dr W. Christopher Winter.

## BOOST YOUR BURN

6 GYM-FREE WAYS TO TORCH NEARLY 700 MORE CALORIES EVERY DAY

**303**

Biking to work for 40 minutes instead of driving for 20 minutes

+  
**82**

Joining a 30-minute conference call by cell and walking instead of staying put at your desk

+  
**29**

Delivering 15 messages in person rather than by email

+  
**70**

Sacrificing a half hour of Internet surfing to walk the dog

+  
**123**

Trading 45 minutes of TV watching to help tidy up the house

+  
**50**

Getting busy with your wife for 20 minutes before going to bed

## EXTRA CALORIES BURNED

**657**

Calculations are for a 82kg man.

# EXTEND YOUR PEAK

## Clique Clinic explains the aesthetic trends among the guys in Malaysia

Competitiveness in the workplace has sparked the growing social acceptability of aesthetic procedures. What's more, better understanding of their safety and efficacy factors has created an upward trend of Malaysian men visiting medical aesthetic clinics.

The treatments, especially amongst urban dwellers, have become another form of lifestyle enhancement not unlike fine dining, clothes, or workouts. It's undeniable that men today are spending more time and money on their appearance than ever before. The main difference between men and women is that the former prefer quick procedures with little downtime.

More than a million minimally invasive procedures were performed in men last year and Clique Clinic, a renowned centre with specialties in male aesthetics in Malaysia, witnessed an increase of 30% in male patients between September 2014 and last month alone.

Here, Clique Clinic ranks the 12 most popular procedures opted by men:



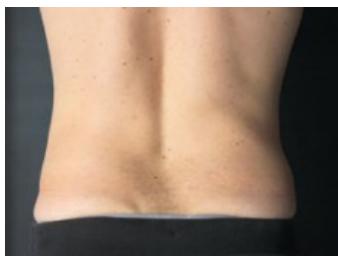
BEFORE



AFTER



BEFORE



AFTER



BEFORE



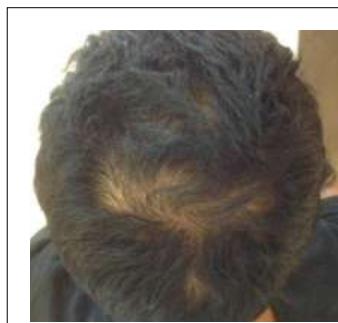
AFTER

### #1 LOVE HANDLES AND FRONT BELLY FAT

**The fix:** CoolSculpting is a process that takes advantage of the fact that fat has a slightly lower freezing point than water. The applicator uses vacuum pressure to target fat cells – you'll feel a cold sensation for the first five minutes, then numbness – which get frozen before being eliminated naturally by your body.

**Time:** 60min per cycle

**Cost:** RM2,000 per cycle



BEFORE



AFTER

### #2 THINNING HAIR

**The fix:** Oral medications, medicated hair tonic, hair regenerative procedure and hair growth devices can be used alone or combined to effectively treat male pattern hair loss.

**Time:** 20-30min

**Cost:** RM1,500-RM2,000 per combination of treatment

### #3 NON-SURGICAL NOSE JOB (RHINOPLASTY)

**The fix:** Using hyaluronic acid-based fillers can easily allow you to correct a deflated nose bridge and protrude the tip of the nose to reduce the bulky-look, as well as giving your face a more refined definition.

**Time:** 10min

**Cost:** RM1,600-RM1,900 per treatment



BEFORE



AFTER



## DR LIM TING SONG, MD

The Sculptor Dr Lim has been actively involved in body sculpting work in the past few years. Graduated from Tohoku University in Japan under the Japanese Government Monbusho Scholarship, he was trained and worked in both Japan and USA as medical physician before residing back to his home country, Malaysia. Dr Lim and his team in Clique Clinic has been working to sculpt the ideal body shape by introducing the multi-disciplinary approach, combining diet, exercises, medical and state-of-the-art technologies without needing to go under the knife.

### #4 UNDER-EYE BAGS OR HOLLOWES

**The fix:** Hyaluronic acid-based injectable fillers are great for keeping your skin radiant and healthy-looking. Fillers are packed fairly deep underneath where the bag is lifted broadly so there are no visible lumps or bumps. The results are immediate.

**Time:** 10 minutes

**Cost:** RM1,700 to RM1,900 per treatment

### #5 FACIAL DULLNESS

**The fix:** Twilight Glow PRP, which uses own plasma enriched with growth factors, is the perfect treatment for skin rejuvenation and scar tissue repair.

**Time:** 15min

**Cost:** RM4,500 for four treatments

### #6 FACIAL WRINKLES

**The fix:** Clique Dewy Skin Booster uses hyaluronic acid-based dermal fillers to give skin the perfect hydration, regeneration, redensification and glow.

**Time:** 15min

**Cost:** RM3,300 for three treatments

### #7 SUN SPOTS

**The fix:** Clique Skin Toning Laser utilises four different laser settings and methods to combat sun damage and dark spots, giving you an even skin tone, reduced pore size and mild lifting effect.

**Time:** 10min

**Cost:** RM450 per treatment

### #8 FACELIFT

**The fix:** Ultra-V Lift uses polydioxanone (PDO) threads to stimulate collagen in the deep tissues. Generally the procedure requires the use of 150 threads for full face lifting and numbing beforehand.

**Time:** 60 minutes (45 minutes for numbing)

**Cost:** RM12,000-15,000 per treatment inclusive of one time touch up session

### #9 TURKEY NECK

**The fix:** Ultherapy uses high intensity focused ultrasound to pinpoint heating of the deep layers of the skin to cause immediate collagen contraction while initiating aggressive collagen synthesis.

**Time:** 60min (45min for numbing)

**Cost:** RM8,000 to RM10,000 per treatment

### #10 SAGGING JAW LINE

**The fix:** Long Pulse Lifting uses lasers to promote collagen production and lift skin. Depending on your needs, three to five treatments may be needed for optimal results with a maintenance session every two to three months. Numbing isn't necessary beforehand, and there's little discomfort involved.

**Time:** 15-20min

**Cost:** RM1,800 for a course of four treatments

### #11 VEINY OR MOTTLED HANDS

**The fix:** A combination of biostimulating filler and laser-based pigmentation treatment Helios III. Your hands lose volume and elasticity over time, making the underlying veins look even more prominent and obvious. To restore a

more youthful appearance, the biostimulating filler is injected under the skin on the top of the hands. A single treatment can last anywhere from nine to 18 months. For age spots and sun damage on the hands, the laser-based pigmentation treatment, which comes in four different settings, can help restore suppleness and smoothness of the skin.

**Time:** 10min for the biostimulating filler, 10min for the laser-based pigmentation treatment

**Cost:** RM2,500 per syringe the biostimulating filler (two are typically required), RM4,200 for the laser-based pigmentation treatment (10 sessions)

### #12 SWEaty UNDERARMS

**The fix:** Your face isn't the only place for the injectable Botox. It's also one of the safest and most effective treatments for excessive perspiration – and those who are sensitive to deodorants and antiperspirants. It works by blocking nerve signals that lead your glands to sweat. A single treatment can reduce sweat for four to six months with no negative side effects.

**Time:** 15min (20min for numbing)

**Cost:** RM3,000 per treatment for both arms

**clique**  
CLINIC

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**Website:** www.cliqueclinic.com, www.cliqueaesthetic.com

**Facebook:** www.facebook.com/cliqueclinic

# Turkey travel 101

**A lowdown of everything you need to know about travelling in this fascinating country, where the two continents of Europe and Asia meet**



The city lights of Istanbul come alive as dusk falls

**DESPITE TAKEN 2'S BEST CINEMATIC EFFORTS,** Turkey remains a popular destination for visitors looking for a winning combination of East-meets-West heritage, culture and history. A near-11-hour flight from Kuala Lumpur, Turkey is best visited during the spring (April through mid-June) and autumn (mid-September through October) months due to the kinder weather.

## Cuisine

Conversations about Turkish food invariably veer towards kebab – and rightly so. Whether it's shish kebab or döner kebab wrapped in pita bread, this ubiquitous meat dish is widely available in various forms and is immensely popular throughout the country.

Meat lovers, however, should look past the passé durum wraps and dig into some Iskender kebab instead. This speciality from the northwestern city of Bursa is highlighted by

razor-thin grilled lamb slices, which are placed over pieces of flatbread and slathered with a sweet-piquant tomato sauce and melted butter. Pair it with a packet of *çyran* – a salty yoghurt drink that locals swear by – for a truly Turkish culinary experience.

Other must-try local favourites include *lahmacun* (a naan-meets-pizza dish with a punchy minced beef topping), *pide* (a boat-

shaped pizza-like marvel) and *menemen* (Turkish-style scrambled eggs). Indulgent Turkish desserts like the all-too-famous *baklava*, *künefe* (a crispy sugar syrup-soaked cheese pastry served with clotted *kaymak* cream) and *lokma* (addictive bite-sized fried dough balls) are brilliant after-meal treats.

## Culture

Although Turkish is the official language in this secular Muslim-majority country, you should be able to get by with English in hotels, restaurants and tourist areas in Istanbul or other major cities in Turkey. Nonetheless, knowing a few commonly used Turkish greetings and pleasantries – pardon (instead of “excuse me”), *merhaba* (“hello”), and *teşekkür ederim* (“thank you”) are a good start – would come in handy in the presence of the elderly, who are less likely to speak English, in a culture that places huge emphasis on respect and politeness.



## Getting around

Travellers intent on testing out the year-old high-speed train service (HST) from Istanbul to other major cities like the Turkish capital of Ankara are better off taking the bus. The HST currently terminates in Pendik, a remote district on the Asian side of Istanbul that is more than an hour's drive from the bright lights of Taksim Square.

In contrast, the main Esenler bus terminal can be accessed via the Metro mass-transit train line from Ataturk Airport and other tourist hotspots like Sultanahmet and Beyoğlu on Istanbul's European side. Navigating the mammoth Esenler bus terminal and choosing between the myriad bus companies on show can be daunting; we suggest opting for Kâmil Koç, which is known for its competitive prices and impeccable service, and booking ahead via its user-friendly website ([www.kamilko.com.tr](http://www.kamilko.com.tr)).

Do take note that due to the sheer geographical size of Turkey, travelling around the country by bus, while affordable, can be rather time-consuming. For example, a night bus from Istanbul to Cappadocia could take up to 12 hours. So, if you can afford it, domestic Turkish flights remain the most comfortable and time-efficient transportation option available.

## Places to visit

### ISTANBUL

Turkey's effervescent cultural and historical hub is home to some of civilisation's most fabled monuments and buildings. Sultanahmet, widely known as the Old City, is the oldest district in Istanbul and houses famed Byzantine- and Ottoman-era gems like the Hagia Sophia, Topkapi Palace, Blue Mosque, Basilica Cistern, Grand Bazaar and Hippodrome.

No visit to this part of town is complete without a trip to the opulent Ayasofya Hurrem Sultan Hamam, a restored 16th-century Turkish bath originally built for the Sultan's wife. The bath packages offered here are astronomically priced when compared to some of the more modest nearby *hammam*, but how often can you say that you have had a shower fit for a king?

If quaint cafés, stylish boutiques, glitzy art galleries and vibrant nightclubs are what you're after, then the cosmopolitan Beyoğlu district, with its much-celebrated İstiklal Avenue, is not to be missed. Board one of the old-school red trams along İstiklal Avenue to soak in the area's Instagram-worthy 19th-century architecture, or to get to Taksim Square and Tünel, the world's second-oldest subway line that was inaugurated way back in 1875.

### ANTALYA

This Mediterranean coastal city in southwestern Turkey owes much of its popularity to its stunning beaches, relatively mild year-long weather and bustling nightlife. The beaches at Olympos and Lara often hog all the headlines, but Patara's picturesque stretch of soft sands and shallow seas should not be overlooked, either. History aficionados might also want to spare some time for Aspendos's well-preserved ancient Roman theatre and the ruins of Phaselis.

### CAPPADOCIA

This historical Central Anatolian region is synonymous with its whimsical landscape of stark, ethereal hills, valleys and rock formations that are best enjoyed from a hot-air balloon. While in Cappadocia, swing by the Göreme Open-Air Museum, a Unesco World Heritage site that boasts stunning rock-cut churches, monasteries and chapels with fine Byzantine monastic artistry.



The beaches of Antalya are worth visiting if you want to escape the city



Get into a hot air balloon for an aerial view of Cappadocia

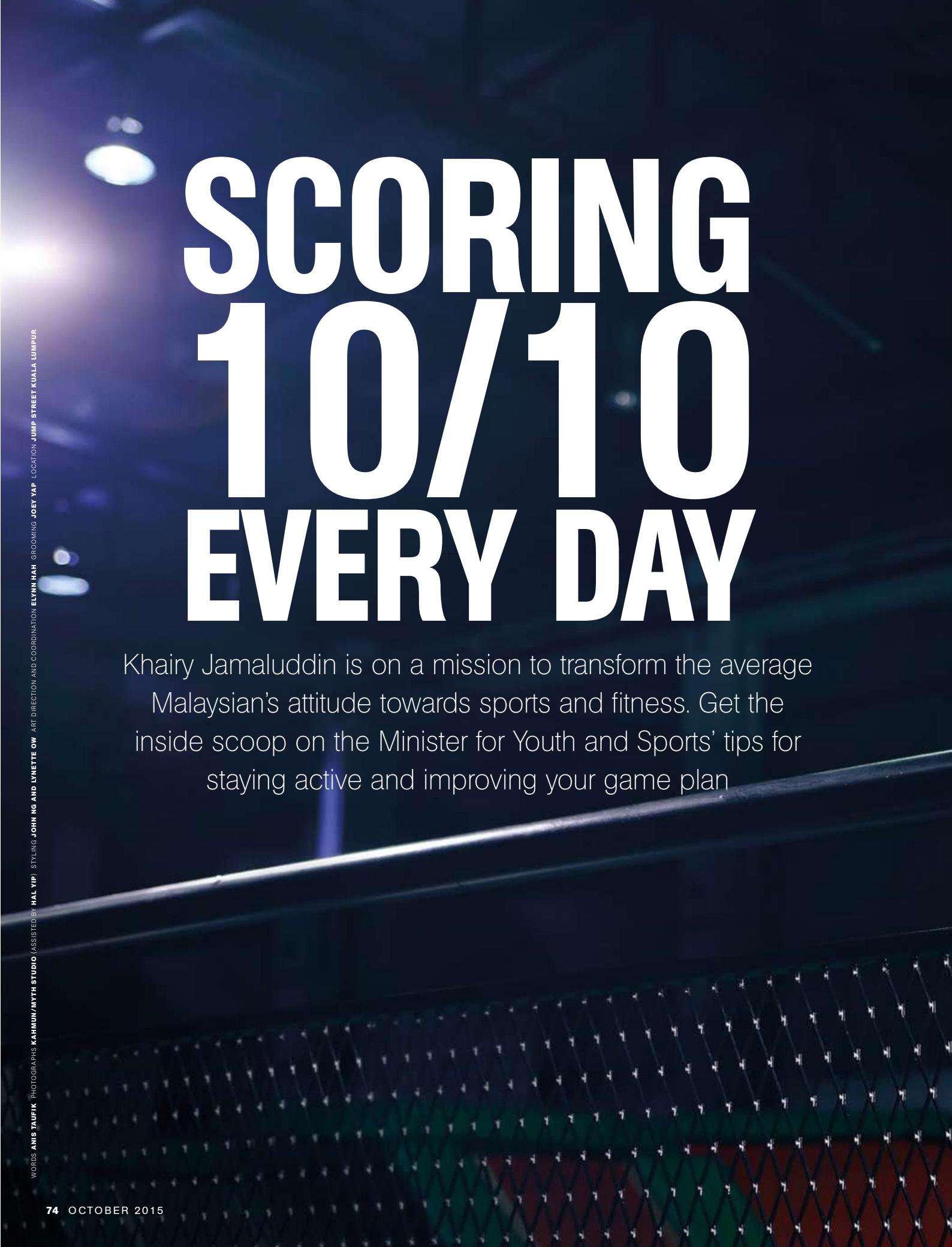


### camel active MENSWEAR SPRING/SUMMER 2015/2016 TRAIL TO BALANCE

The 2015/2016 *camel active* collection "Trail to Balance" puts opposites such as old and new, light and dark, basic ideas has been transformed into a reduced look, and emphasises the trend by means of style elements such as morphing or material blocking in tonal colours.



The Autumn/Winter 2015/2016 *camel active* footwear is characterised by an innovative and modern style statement. It gains modernity and value in its clearly defined interplay between design, material use and colour. Developed for a high level of comfort, it combines vintage effects with uncompromising quality and functional elements. The smooth transition between styles and style elements is important for the new season.



# SCORING 10/10 EVERY DAY

Khairy Jamaluddin is on a mission to transform the average Malaysian's attitude towards sports and fitness. Get the inside scoop on the Minister for Youth and Sports' tips for staying active and improving your game plan



Khairy Jamaluddin wears men's UA Tech 1/4 Zip and OWN SHORTS



KHAIRY JAMALUDDIN WEARS OWN LONG SLEEVE SHIRT AND MEN'S UA STATUS KNIT PANTS

### **“ARE YOU SERIOUS ABOUT THIS? I**

look like some UMNO minister, man.”

Khairy Jamaluddin gives a small laugh as he steps out, clad in khakis and a fitted tee. He's referring to the pants we've selected for the photoshoot, but it's this wry self-observation – and ability to poke fun at himself – that arrests your attention the most. The irony isn't lost; the man of the hour is indeed an UMNO minister – the Minister for Youth and Sports, to be exact.

The photographer's making some last minute adjustments to the set and we've got a couple of minutes to kill. Khairy turns his attention to the foam pit at the Jump Street trampoline park. It's what he does next that shatters everything you know – or thought you'd already known – about KJ. Without a second glance at the crew, he jumps into the air, backflips and lands in the centre – right where he wants to be.

In between backflips, high jumps and the constant shutter of the camera, we caught a glimpse of the man behind this year's inaugural National Sports Day. Read on to discover his vision for sports in Malaysia and how you can rise to the occasion that is life.

### **REVOLUTIONISING THE MALAYSIAN SPORTS SCENE**

News flash. 10 October 2015 marks the very first National Sports Day or Hari Sukan Negara in Malaysia, which will fall on the second Saturday of every October. Khairy shares his mission, saying, “It's designed to get as many Malaysians as possible out doing exercise, playing sports and being active. Although it's just one day in a year, it's symbolic because we want Malaysia to be a sporting nation and we're not close to being one. For the first year, we're targeting at least 3 million Malaysians to be involved, doing something.”

He highlights the lineup of events in conjunction with this year's National Sports Day such as the iconic Spartan Race and Second Penang Bridge Challenge. In an effort to engage the younger generation,

the Ministry of Education has also come on board; students across the country are scheduled to be in school on that Saturday to play sports too.

### **REDEFINE FITNESS AND HEALTH**

Get fit. Live a more active lifestyle. These are the two things that commonly make an appearance on the New Year's resolutions of most guys, but when was the last time you really thought about what they meant?

Khairy gives his personal take on health and fitness by pointing out that the both of them go hand in hand. “Not everybody can be bulging with muscles, sport six pack abs and run 10km under 50 minutes – but you can always be the fittest version of yourself,” he explains. “If you wanna be fit, it's not just about aesthetics – it's about health too. If you look good as byproduct of that, it's great. Likewise, if you're health conscious, you'll naturally strive to be fit.” He acknowledges that although each individual approaches health and fitness in a very different manner, you can always work towards being a healthier you.

Khairy talks about the need for a shift in mentality by. He's quick to outline the issue at root – “People don't feel that it's important” – adding that being physically active is always sidelined by other priorities like climbing the corporate ladder and earning a living. “That's rubbish,” he says, cutting to the chase. “If you don't make time for this, you're going to pay for it in the future. If you're concerned about your socioeconomic status now, wait till you have to pay for health care and medicine when you get ill. It's an investment for the future, no matter where you are socioeconomically.”

There's a need for an intervention in the form of a healthy lifestyle now to combat the onslaught of noncommunicable health issues like obesity, diabetes and hypertension in Malaysia, according to Khairy. “A healthy lifestyle is not the panacea that will cure everything, but it'll go a long way in reducing these high rates of noncommunicable diseases.

**“NOT  
EVERYBODY  
CAN BE  
BULGING WITH  
MUSCLES,  
SPORT SIX  
PACK ABS AND  
RUN 10KM  
UNDER 50  
MINUTES –  
BUT YOU CAN  
ALWAYS BE  
THE FITTEST  
VERSION OF  
YOURSELF”**

# KJ'S GUIDE TO TAKING CHARGE OF YOUR LIFE AND RISING TO THE TOP

## CLEAN UP. LOOK SHARP

"The main thing about grooming – and this is a serious point – is hygiene. You don't have to dress in a bespoke suit and slather on cologne, but just make sure that you're clean and presentable. Make sure that you've had a shower or something like that. That's how you should carry and respect yourself, and this applies to life and people who are professionals."

## NAIL DOWN WHAT MATTERS

"Keep inside you what is important at all times. At the end of the day, what matters ultimately is your family and the people who matter the most to you. I make it a point to go back regularly to have dinner with my kids – it's important to me. Whatever else – I'm a politician, I'm a Cabinet Minister – it can wait. If you're absorbed in self-importance, thinking the world will not function without you and miss out on your time with the really vital stuff, then there's something wrong with you. You're not that important – no one is."

## EAT RIGHT WHEN YOU CAN

"I spend 10 minutes at my desk and wolf down some meat and vegetables for lunch right after working out. I try to keep it clean when I can because at events and my constituency, I have to eat whatever people serve me – I can't be so picky and ask them for just protein or whatever. But on the days that I have to myself, I make sure I keep my diet on track."

## GAIN CONTROL OVER FITNESS

"I've always been athletic, but I went through a bad patch in my 20s when I didn't do anything. Honest to God, I lived a sedentary lifestyle. There was a time when I was wearing size 36 trousers and that was really sad. In my 30s, I changed my lifestyle and got fit again. There were no shortcuts and it wasn't all about the exercise – everyone who reads *Men's Health* knows it's about the diet too. You can never stop because it's way too easy to put it back on than to lose. I'm a size 31 now."

## LISTEN TO YOUR BODY

"I'm approaching 40 and I'm starting to have problems with my knees. I realise that I've got to adjust things a little bit. I can't pound the pavements and run as hard as I've done. It's really about understanding your limitations: if you don't and push yourself, you can get injured. You don't want to lose the incentive to get back up and do something – especially when you've got to start from scratch again with a flabby body. So listen to your body – when it says enough, stop."

## WALK THE TALK

"I have no typical day," Khairy Jamaluddin confesses. But if there's a single constant in his calendar that he tries to adhere to, it's his iron-fast grip over exercise. The man works out an average of six days a week.

"I figured out that my schedule's really full. I'm not a great morning person, so I don't like working out then. And the afternoons are a hit and a miss because I have stuff right until dinner." Khairy's solution? Using lunch hour to workout instead of going for a break. "If possible, I try to keep it clear so that I can slot in at least three gym sessions during lunch every week, followed by another three cardio sessions."

It's all about scheduling. "If you don't schedule your workouts, especially if you're a working professional, then it's going to go away," he points out. Explaining that it all boils down to prioritising how much fitness really matters to you, Khairy highlights how quickly things can spiral out of control when you skip an exercise session – the missed workouts start piling up and soon enough, you find that you've given up on trying to get fit completely.

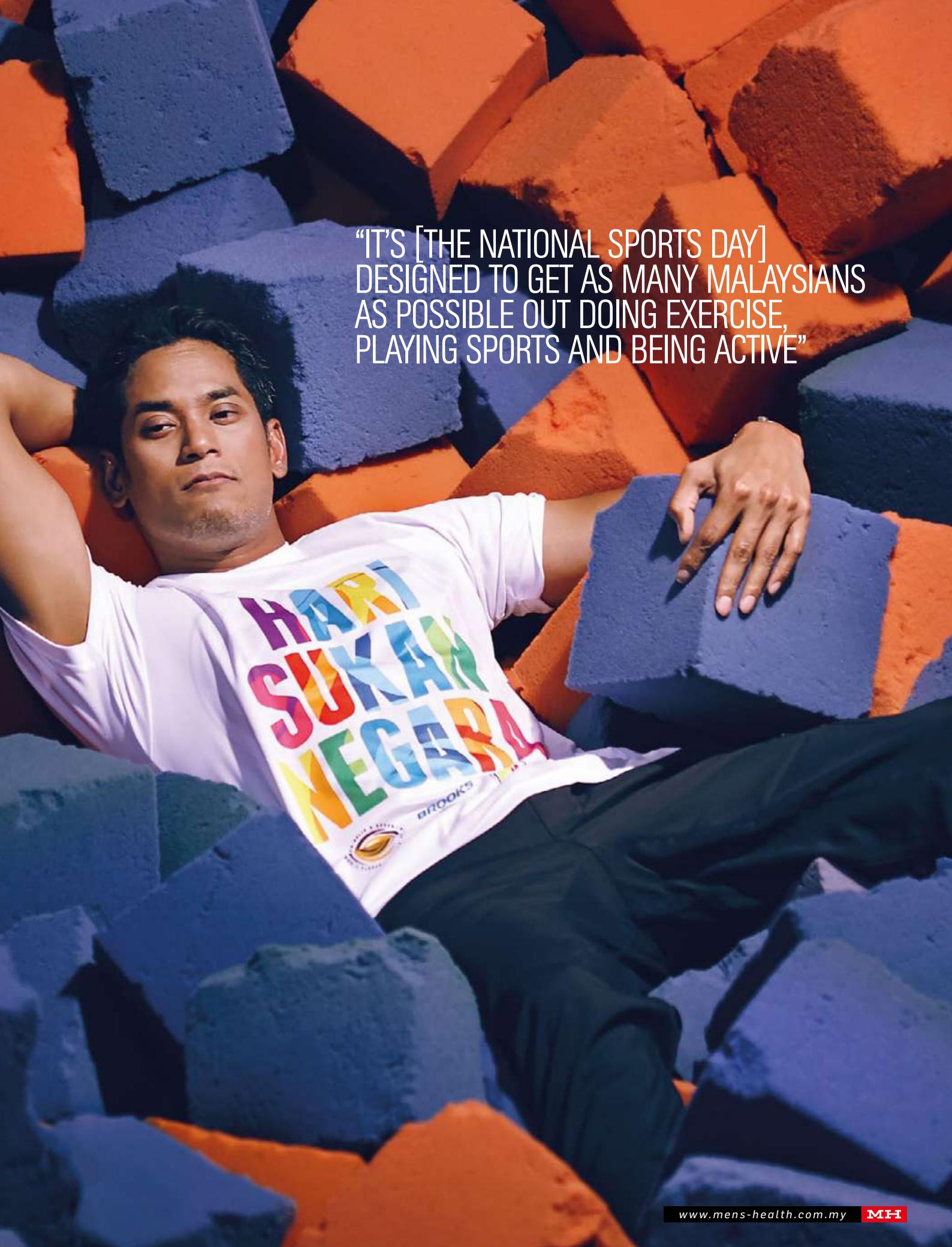
But the greater lesson you can take away is this: if a member of the Malaysian Cabinet is able to make time to work up a sweat on a regular basis, what's your excuse?

## PLAY TO YOUR STRENGTH

Khairy's all too familiar with being on front page news and taking the hot seat while seasoned reporters grill him for answers on live air – he's not one to flinch from the hard talk. How does he work the room and fire on all cylinders without losing his cool?

Get comfortable in your own skin, Khairy says. "You've got to understand that you're unique. The moment every man understands that he's unique and he's got his own unique selling point, he'll be confident." He warns against putting on a fake persona or aspiring to be someone else though, "Don't look into the mirror and say 'I'm not as articulate as that guy' or 'I'm not as good looking as he is' – it'll beat down on your confidence." Instead, ask yourself what your strengths are. Take for example the following scenario of the average Joe who might not have the best physique, but has the innate ability to make others laugh. "When you walk into the room, you own the room because you're making people laugh. It's all about understanding your competitive advantage – which everyone has – and selling that. Once you discover that, you're able to go off on a different tangent with your newfound confidence, which is what people look out for." ■





“IT'S [THE NATIONAL SPORTS DAY]  
DESIGNED TO GET AS MANY MALAYSIANS  
AS POSSIBLE OUT DOING EXERCISE,  
PLAYING SPORTS AND BEING ACTIVE”



THINK

BIG

INSIDE EVERY  
MAN'S BRAIN IS  
A VOICE TELLING  
HIM TO JUST  
GIVE UP AND  
QUIT. GYM JONES  
WANTS TO HELP  
YOU SHUT THAT  
VOICE UP.  
BECAUSE IN  
THAT SILENCE  
IS STRENGTH



**THE MADNESS IS ABOUT TO BEGIN. FIFTEEN MEN STAND AGAINST A** wall in a 6,000-square-foot converted warehouse in Salt Lake City. They're anxious, and it shows in their unconscious movements – shifting feet, tapping fingers, darting eyes. The punk music blasting from overhead speakers adds an almost palpable intensity as Gym Jones's splendidly profane, superhero-size fitness director, Rob MacDonald, saunters up and down their ranks.

"You, 48. You, 54. You, 63," says MacDonald, jabbing a finger at three men in turn. "That's how many calories you have to burn – in one minute. If you don't make it, you'll keep trying until you do."

Muffled curses filter through the music as each man considers the immensity of his task. To reach his calorie goal, which MacDonald calculates using body size and fitness level, each man must give everything. Pain is a promise, suffering guaranteed.

The first victim saddles up on the AirDyne, a stationary bike with movable handles and a giant fan for a front wheel. It's a remarkably innocent-looking torture device; the harder you pedal, the harder pedalling becomes, thanks to the exponential nature of air resistance. MacDonald smiles diabolically. "Go!"

The man pedals like Mark Cavendish on bath salts – a blur of whirling, spinning, revolving legs and pushing, pulling, flailing arms. His grimace hardens and his breathing becomes increasingly frantic as each second ticks by. Then it's over. His minute is up and he's off the bike and on his back, gasping for air and jabbing at his quads. "Next!" shouts MacDonald.

One by one the men take the test, dropping to the floor or hobbling about on spasming legs when it's over. Some fail. A guy in his 20s who was assigned 48 calories finishes with 47. "The only thing that makes Rob happier than people hitting their mark is when they miss it by a calorie," says Mark Twight, Gym Jones's founder, who's known as much for sculpting some of Hollywood's most chiselled bodies as he is for eschewing the fame that comes with it. "He loves throwing them back into the fire."

As deranged as the AirDyne test seems, it isn't an exercise in fitness sadism or a blitzkrieg attempt to build lung capacity. It isn't even designed to train the body. It's a sweaty baptism into Gym Jones's foremost principle: the mind is primary.

## IN A STATE KNOWN FOR RELIGIOUS ZEAL, GYM JONES FITS RIGHT

in. Members are called disciples, and half-assed effort leads to excommunication. Many of the workouts – which range from crushing, hourlong circuits to vicious intervals on the rower or AirDyne – are insanely intense. “Each workout is designed to be a mental crucible, an exercise in the art of suffering,” Twilight says. “Through suffering, you discover your true potential.”

Twilight has practiced what he preaches. A celebrated mountaineer, he forged his mind-first fitness dogma while setting alpine speed records and claiming a first ascent on a notoriously treacherous frozen waterfall in the Canadian Rockies. “There were guys who were fitter and better technical climbers than I was,” says Twilight. “But I did more transformative things because of what I had on board mentally.”

Twilight founded Gym Jones in 2003 to help fellow climbers “unfuck their heads.” For years it existed on the fringes of hardcore fitness, gradually adding Special Forces recruits and MMA fighters to its ranks as news of Twilight’s successes spread.

Then, in 2006, everything changed. The movie *300* hit theatres, and Twilight, who’d been tasked with transforming the film’s doughy actors into a phalanx of hardened warriors, found himself in the limelight. Overnight, Gym Jones went from underground muscle factory to iconic fitness temple.

“Until that point, I ran the gym on the *Fight Club* model – it was invitation only, but if you were invited, I trained you for free,” says Twilight. But after the movie was released, it was impossible to stay off the public’s radar. “The traffic it created nearly crashed our website,” he says. “We went from a few hundred hits a month to almost 13 million.”

The buzz was a curse, in a way. “It gave people the wrong idea. Aesthetics are actually our last concern,” says Twilight. Gym Jones focuses on building true fitness, not the appearance of it, he explains. “And true fitness comes from training the muscle that sits in your skull: your brain.”

Most people aren’t prepared for what that entails. “They don’t know what all-out is because they’ve never been pushed to experience it,” says Twilight. “Take the one-minute AirDyne test. If someone gave absolutely everything he had on the first try, it would be impossible to log a higher score on the second attempt. What holds people back? Maybe it’s fear. Maybe it’s laziness. But whatever it is, it’s 100 percent in their head.”

Those mental barriers also hinder performance in the weight room. Twilight recalls a disciple who was fixated on pulling a double-body-weight deadlift, a Gym Jones fitness benchmark. (See “Raise Your Standards,” right, for more.) “For him, that was 360 pounds,” says Twilight. “He could

lift 345 no problem, but put 360 on the bar and he couldn’t budge it. He thought 360 should be hard, so it was.” Twilight’s solution: “We had him do a bunch of sets, switching up the plates each time until he lost track of them. Without knowing it, he did a couple of reps at 375.”

### IN 1924, THE NOBELIST DR ARCHIBALD

Hill, became the first physiologist to propose that the brain regulates the heart during exercise. That regulation, he theorised, was meant to protect the heart from overexertion. But Hill’s idea took more than 70 years to gain traction, having been overshadowed by the more popular theory that physical exhaustion is purely a matter of cellular supply and demand.

### THE GYM JONES PLAYLIST

- ▶ “Power & the Greed”  
The Partisans
- ▶ “Get Off Your Ass”  
SNFU
- ▶ “Institutionalized”  
Suicidal Tendencies
- ▶ “Liar for Hire”  
D.O.A.
- ▶ “Ain’t Nothin’ to Do”  
Dead Boys
- ▶ “Bitch in the Pit”  
Body Count

## TEST YOUR LIMITS

*Most guys think they push themselves in the gym. These tests will show you where your limit really is and help you exceed it*



### ► 1-Minute Sprint

“A minute might not seem long, but it is if you go hard enough,” says Gym Jones’s Rob MacDonald. “This will reveal how far you’re willing to push yourself. If you’re not crushed at the end, you held back.”

**DIRECTIONS** Hop on a fan bike and try to burn as many calories as possible in 60 seconds. (The bike will display your result.) Average is 45; the Gym Jones record is 89.

## MASTER YOUR MIND

*You’re a lot stronger than you think you are. Follow these tips to break through mental barriers and unlock your potential*



### Think Green

“When your workout starts to get tough, you’ll hear voices in your head telling you to slow down, save your energy, and quit,” says MacDonald. “Those are red-light thoughts. They will halt you completely if you don’t learn how to silence them.”

### DO THIS

“Fill your head with green-light thoughts, which are wholly positive,” suggests MacDonald. “Repeat statements like ‘I can do this’ or ‘I’ve survived worse.’ That positivity will power you through anything.”

## RAISE YOUR STANDARDS

*Nothing about Gym Jones is ordinary, including these 10 strength and endurance benchmarks. Set them as goals to elevate every aspect of your fitness*

### ► RUN 1.5 MILES

# 9:00

### ► RUN 5K

# 22:00



#### ► 2,000-Metre Row

"This is a classic Gym Jones test," says MacDonald. "When you do circuits for time, you can cheat form and cut corners. This is just you and the computer: no cheating, no shortcuts – just objective feedback staring you right in the face."

**DIRECTIONS**

Programme the distance setting on a rowing machine for 2,000 metres. Try to complete the distance in less than 7 minutes.



#### ► 10-Metre Murder

"This test has you face 'the moment' – the point in a workout when you either persevere or quit," says MacDonald. **DIRECTIONS** Grab a stopwatch and head to a track. Set it for 1 minute and run 10 meters, resting for the time remaining in the minute. Next, run 20 metres, resting for the remainder of the minute. Keep adding 10 metres until you can't beat the clock. Your goal: 200 metres.



#### ► Death by Burpee

"You don't need a gym or any kind of special equipment to take this test," says MacDonald. "All you need is a willingness to suffer and a desire to discover what you're made of."

**DIRECTIONS** Record the time you take to do 100 burpees, touching your chest to the floor during the pushup and jumping at the end of each rep. Try to finish faster each time you do it (every few weeks).



#### Make Friends with Pain

To beat your limits, you have to establish a positive relationship with pain. "When you reach your edge and push past it, you'll realise you weren't really at your edge in the first place," says Dr Steve Portenga, a sports psychologist who's worked with Olympians.



#### DO THIS

Spend time in the "pain cave," the point on the intensity spectrum that's just shy of where you'd call it quits. "That will help you adapt to discomfort," says Portenga. Any of the tests above will take you there.



#### Be Accountable

Gym Jones has four AirDynes, but only one is used for tests. Disciples take turns while others look on. "People would never hit their mark if they did it at home alone," says MacDonald. "No one wants to look like a failure. Accountability ensures they aren't."



#### DO THIS

Find a good trainer or workout partner. "These people should not only motivate you to go hard but also keep you from slacking off on those days when you really don't feel like hitting the gym," says MacDonald.



#### Reward Yourself

For some people, the prospect of a reward is a powerful motivator, says Portenga. MacDonald agrees. When he sets a Gym Jones record, he treats himself to a burger and shake. Enjoying the reward also motivates him to hit the gym to burn it off.



#### DO THIS

Determine a reward that excites you, such as a high-calorie meal, concert tickets, or a week off from training. Then set a goal and reward yourself when you nail it. Can't think of a goal? Pick a fitness standard below.

#### ► FRONT SQUAT (1-REP MAX)

**1.5X**  
BODY WEIGHT

#### ► ROW 2,000 METRES

**7:00**  
84  
BENCH PRESS (10 REPS)  
REPS

#### ► TURKISH GETUP (1-REP MAX)

**50**  
50%  
BODY WEIGHT  
RUN 400 METRES  
1:00

#### ► DEADLIFT (1-REP MAX)

**2X**  
BODY WEIGHT  
BACK SQUAT (1X BODY WEIGHT)  
20  
REPS

#### ► PULLUP ENDURANCE

**15**  
REPS

# "EACH WORKOUT IS DESIGNED TO BE A MENTAL CRUCIBLE. THROUGH SUFFERING, YOU ARE ABLE TO DISCOVER YOUR TRUE POTENTIAL"

Dr Timothy Noakes, director of the Exercise Science and Sports Medicine Research Unit at the University of Cape Town, was taught the prevailing theory. When he started studying exercise physiology, he says, he was told that your muscles get tired—either because they run out of fuel or build up too much lactic acid—and that's why you stop. But no one had ever proved that muscles were getting too little oxygen or fuel. What's more, studies showed that people never recruited more than 50% of their muscle fibres—even during intense exercise, says Dr Noakes. The theories just didn't seem to match reality.

Eventually it occurred to Dr Noakes that because you activate muscle by way of your brain, your brain must also be responsible

for determining how long, hard, and fast you push yourself. While Hill had been on the right track, the more research Dr Noakes conducted on his own “central governor theory,” the more the supporting evidence mounted.

To what degree can the governor in your head influence performance? Suppose you were told to pedal to exhaustion on a stationary bike while being timed by a clock. “You’re also told that it would be great if you could go for an hour,” Dr Noakes says. What you’re not told is that the clock is slow. “You’ll find that when the clock reads an hour and five minutes, you’ll stop, even though you really did an hour and a half,” says Dr Noakes. By taking this cue, your mental governor established a performance limit that in no way reflected your actual fitness level.

“Your brain sabotages your performance,” says Dr Noakes. “When you feel fatigued [during exercise], it’s just an emotion. It has nothing to do with your physical state at all.”

Others agree. When Brazilian researcher Dr Eduardo Fontes, analysed cyclists’ brain activity on an fMRI machine as they pedaled to exhaustion, he showed that emotion plays a fundamental role in performance. “We saw that the limbic lobe—the emotional center of the brain—lit up as the intensity increased and the cyclists became more exhausted,” he says. “The more active the limbic lobe became, the more emotion they tied to exertion and the more they slowed.”

Your mental state, Fontes says, is behind much of the variation in your day-to-day performance. “Anyone who works out knows that training performance can differ drastically from one session to the next,” he says. “Physiologically you might not have changed; what may have changed substantially is your mental state.”

Fontes has found that people who are able to detach from their emotions during exercise—for example, not thinking about their panting breaths or burning legs—almost always end up performing better. “When you exercise or compete, you have to mentally process what’s happening to your body,” he says. “But the key is to not judge it as positive or negative; that’s when your brain sets limits.”

Dr Noakes tells the story of a woman running an elite 5,000-meter race. She was about 20 metres behind first place and had mentally

committed herself to coming in fifth or sixth. But as she began her final lap, she saw the clock and realised that if she could run that lap in less than 64 seconds—something she had done before—she would qualify for the Olympics. “All of a sudden her thinking shifted and she didn’t care about the race,” Dr Noakes says. “She had a new goal that mattered on a much deeper level, a goal she believed she could achieve.” She hauled off, won the race, and qualified for the Olympics.

“Your biology sets your true limit, of course, but how close you get to it is determined by what you believe,” says Dr Noakes.

MacDonald specialises in that kind of focus shifting, which starts with goal setting. “If someone tells me they want to get fit, I ask, ‘Fit for what?’” he says. “Fitness is task dependent; you need to map things out and set a goal, whether that’s to finish a triathlon or simply to look and feel healthier.”

Everyone who walks into Gym Jones—Navy SEAL or sales rep—receives a customised training programme. Nothing is arbitrary. Nothing is left to chance. And the commitment must be total. “You might work hard in the gym, but are you also sleeping eight hours or more a night, eating healthfully, and foam-rolling as you watch TV?” says MacDonald. “Constant attention to your goal is how you reach the next level. And recovery is half the battle: don’t do the work if you don’t have the balls to rest.”

Such devotion—what disciples sometimes refer to as drinking the Kool-Aid—affects what MacDonald calls a “deep chemical change” that guarantees success both in the gym and beyond. “The swagger that comes from reaching a fat-loss target, crushing a half marathon, putting up a record lift, or passing an endurance test doesn’t wash off with your postworkout shower. It lingers,” he says. Indeed, a man who gives his all to break a barrier in the gym may also be fighting with the same obsessive determination in other aspects of his life: building a happy family, closing a deal, inspiring change in others.

“A breakthrough here can lead to someone being a totally different, more confident, improved person,” says Twilight. “We see it every day. We’re seeing it right now on the AirDyne.”

**THE 20-SOMETHING GUY IS BACK ON THE BIKE, PEDALING SAVAGELY IN** another attempt at 48 calories. The seconds tick—43, 42, 41—as his face gets redder and his breathing harder.

Eighteen, 17, 16...with 15 seconds to go, his face twists in agony and his eyes close as he digs deeper into the pain cave.

Three, two, one...the timer finally reaches zero and then goes blank. The man collapses heavily on the handles, gasping for air. And then, victory: “49 calories” flashes across the screen. He staggers away from the bike, smiling broadly despite the leg cramps he’s probably feeling as he accepts high fives from everyone in the room.

“If you don’t push your mental limits, you’re just going through the motions and you will stay at a certain level mentally and physically for life,” says Twilight. “But if you get comfortable with discomfort, if you put yourself in a dark place and come out the other side, you can accomplish anything.” You just have to believe. ■

► **THE PAIN CAVE**  
Every Gym Jones workout is a test of grit. If you’re halfway done and don’t want to quit, you’re not going hard enough





## Your needs evolve throughout the day. Instead of picking just anything, our tests reveal the products that are worth the investment

The heat and humid days. The still and chill nights. The unpredictable weekends. Grooming isn't supposed to be unyielding to the point that it becomes indisposed to change. When negotiation with your body is done properly, the delicate art of cleansing, scrubbing and trimming will allow you to stand out all the time. Here, the v team joins forces with Dr Lim Ting Song of Clique Clinic, Dr Aly Alias Stephen Nah of Direct Hair Implantation and director of Toni & Guy Matt Mack of Troika KL to present you the following winners.



## DAY

### ► L'ORÉAL PROFESSIONNEL

#### 1/ **Tecni Art Air Fix**

"This product gives an extra-strong hold to your hairstyle and comes with a fine aerosol spray for even application," Mack points out. Plus, it comes with a UV filter and dries fast with no residue. [lorealprofessionnel.co.uk](http://lorealprofessionnel.co.uk) RM48

#### 2/ **Stiff Pomade No. 5**

Correcting and restyling your hair throughout the day are easy with this product. It provides a strong hold while keeping the look as natural as possible. "It does not overload hair and washes out easily," says Mack. [lorealprofessionnel.co.uk](http://lorealprofessionnel.co.uk) RM59

#### ► SK-II FOR MEN

#### 3/ **Age Revitalize Moisturizer**

Besides Pitera™, this light lotion also contains Oat-Pea Complex™ to intensely hydrate the skin, says Dr Lim. It keeps your complexion healthy while reducing the onset of skin ageing signs such as uneven skin tones and wrinkles. Available at major department stores RM373

#### 4/ **Facial Treatment Essence**

Containing over 90% Pitera™, use this to improve texture, increase firmness and wrinkle resilience, enhance radiance and control pigmentation of your skin, says Dr Lim. It's fast absorbing without leaving any greasy residue. Available at major department stores RM229

#### ► DUNHILL

#### 5/ **Desire**

Sophisticated and smooth, this fragrance features a mixture of wood and sensual fruits along with a hint of vanilla and musk. "It's exactly what I expected from a brand like this; impactful, long-lasting and wearable both day and night," says Dr Lim. Available at major department stores RM285

#### ► BURBERRY

#### 6/ **Brit Rhythm for him Intense**

With notes consisted of cumin seed, pepper, leather, patchouli, cashmeran wood and guaiac wood, kick off every morning with this energetic yet comforting scent. Available at major department stores RM250

#### ► ARTISTRY MEN

#### 7/ **Gentle Face Wash, Serum Concentrate and Balancing Hydrator**

Your three-step routine: start by removing grease and dirt with the gentle foaming cleanser, followed by controlling oiliness and maximising skin moisture level with the dual-action DermaSync™ complex before finishing off with the hydrating lotion. [amway.my](http://amway.my) RM95.40, RM175 and RM126.15, respectively



#### ► JACK BLACK

##### 1/ Beard Lube Conditioning Shave

Save your skin from irritation, nicks and cuts. "The soothing oils and revitalising ingredients like peppermint, eucalyptus and menthol allow an effortless shave without drying out the skin," says Dr Lim. [kensapotheчary.com.my](http://kensapotheчary.com.my) RM73

#### ► REDKEN

##### 2/ Cerafill Defy Conditioner

Dr Aly suggests following up the routine with this lightweight product, which infuses body and shining while

strengthening the hair fibre to prevent breakage. [redken.com](http://redken.com) RM80

#### 3/ Cerafill Defy Shampoo

Thicken thinning hair with this shampoo. Thanks for the Cerafill System Technology, it doesn't just cleanse and remove impurities from your mane, but also redensify the follicles and promote a healthy scalp environment, says Dr Aly. [redken.com](http://redken.com) RM78

#### ► CLEAR

##### 4/ Cool Sport Mint Anti-Dandruff Shampoo

Banish dandruff for good with this, we say. Formulated with the strong antifungal pyrithione zinc to eliminate the symptoms at the source, a blend of 10 nutrients and botanical actives provides deep nourishment to the hair scalp with a cool sensation. Available at major pharmacies RM18.90

#### ► KIEHLS

##### 5/ Facial Fuel Energizing Face Wash

The tingling sensation of the menthol in this face wash gel leaves your skin

feeling clean and energised without the drying effect, say Mack. It's a great way to wake yourself up before heading off to work. [kiehls.com.my](http://kiehls.com.my) RM88.93

#### ► PHILIPS

##### 6/ Multigroom Kit QG3380

This electric razor can be used for trimming facial hair as well as hair on any area below the neck. In addition, its turbo power motor increases cutting speed for fast results on thick hair. [philips.com.my](http://philips.com.my) RM329



## NIGHT

### ► KÉRASTASE

#### 1/ Densifique Shampoo

While the stemoxydine and hyaluronic combination stimulates the hair renewal process, the water-soluble silicone increases the thickness of every strand, Dr Aly explains. Your mane will be left looking lustrous as it exudes vitality. [kerastase.com.my](http://kerastase.com.my) RM100

### ► CLINIQUE FOR MEN

#### 2/ Charcoal Face Wash

This natural, non-drying charcoal foam cleanser strips excess oil

buildup that can clog pores, leaving skin feeling refreshed and comfortable. We suggest using it together with the Sonic System Cleansing brush for maximum results. [clinique.com.my](http://clinique.com.my) RM106

#### 3/ Sonic System Deep Cleansing

For the best possible skin condition, start by clearing oil and dead skin cells off your face. With 9,000-plus vibrations per minute, the charcoal-infused bristles dislodge bacteria and impurities to deep clean your pores. [clinique.com.my](http://clinique.com.my) RM359

### ► L'Occitane

#### 4/ Cedrat Shower Gel For Body & Hair

The organic Corsican cedrat extract in this 2-in-1 cleanser invigorates the skin while bringing suppleness and shine to the hair. We find the refreshing scent joins forces with a slightly woody wake to leave you feeling energised. [my.loccitane.com](http://my.loccitane.com) RM85

### ► SATINIQUE

#### 5/ 2-in-1 Shampoo and Conditioner

This product combines the benefits of a gentle cleanser and a nourishing blend of ingredients. It enables you to simplify your hair care regime by

doing both in one step, allowing you to save time off your hair care regime. [amway.my](http://amway.my) RM50.90

### ► L'ORÉAL

#### 6/ Serioxyl Fuller Hair Kit

A complete kit for making fine hair look thicker, the shampoo, conditioner and aqua mousse contain the most redensifying and strengthening ingredients you can find on the market. "The mousse is the best thing," says Mack. "It makes the hair feel fuller without the stickiness." [orealprofessionnel.co.uk](http://orealprofessionnel.co.uk) RM198

#### ► GUCCI

##### 1/ Guilty Black

You want to round off your ensemble with this before meeting your girl. The top notes of coriander and lavender evoke youthful confidence while the blend of patchouli and cedarwood base boasts a seductive allure of masculinity, says Dr Lim. Available at major department stores RM313

#### ► BIOTHERM HOMME

##### 2/ Age Fitness Advanced Night

Consider this the antidote for the multiple daily aggressions such as UV ray, pollution, fatigue and stress. The lightweight gel uses green and blue micro-algae extracts to reinforce the skin's protective barrier while you sleep. [bioterm.com.my](http://bioterm.com.my) RM190

#### ► DOLCE & GABBANA

##### 3/ Light Blue

Heading out for a relaxed dinner date after a long day at work? We recommend waking up all your senses with a fresh, spicy and sensual scent of the Mediterranean. Available at major department stores RM239

#### ► MELVITA

##### 4/ Purifying Cleansing Gel

Get a more thorough clean than a soap using this light, foaming gel cleanser that purifies your pores with its peppermint hydrolat, wasabi extract, birch sap and zinc formulation. We tried it, and we can say we like it. [my.melvita.com](http://my.melvita.com) RM98

#### ► L'OCCITANE

##### 5/ Rebalancing Face Mask

Apply this after washing your face to allow the botanical and mineral powders to draw out impurities and tighten pores as the essential oils rejuvenate and restore the skin. [my.loccitane.com](http://my.loccitane.com) RM110

#### ► KIEHL'S

##### 6/ Facial Fuel 'Heavy Lifting' Cream

This fast-penetration face cream is one part moisturiser and one part wrinkle-buster. The linseed extract is combined with caffeine and fortifying soy protein



to improve skin's firmness and exfoliate dead skin cells, Dr Lim points out. [kiehlstimes.com.my](http://kiehlstimes.com.my) RM148.40

#### ► HERMÈS

##### 7/ Terre D'Hermès

Wear this to be different, says Dr Lim. Featuring main notes such as orange, grapefruit, vetiver, cedar and benzoin, it is a well balanced and structured fragrance that encompasses the magnificence of natural elements. Available at major department stores RM342

#### ► BIOTHERM HOMME

##### 8/ Force Supreme Eye Architect Serum

Ward off lines and wrinkles with this nutrient-rich, deep-penetrating serum. On top of that, the three potent ingredients: Blue Algae extract™, Pro-Xylane™ and Life Plankton™ help reduce dark circles and puffy eyes. [bioterm.com.my](http://bioterm.com.my) RM190.80

#### ► L'ORÉAL

##### 9/ Serioxyl Thicker Hair Serum

Thanks to the active ingredient Intra-Cylane, getting thicker and denser hair is possible with this potent

serum. We like how instant it thickens each hair strand for a visually fuller effect. [lorealprofessionnel.co.uk](http://lorealprofessionnel.co.uk) RM136

#### ► BVLGARI MAN

##### 10/ Extreme

The elegant vetiver, benzoin and woody notes in this Bvlgari fragrance create an engagingly charismatic appeal that is fresh and masculine – which we like. It is as appropriate for a casual date night as it is for a cocktail party. Available at major department stores RM345



## PLAY

### ► PACO RABANNE

#### 1/ Invictus

Spray this sporty scent on your wrist and neck, and it will put the two essentials consisted of the fresh top notes of grapefruit and the sensual middle notes of guaiac wood and

patchouli to work. Available at major department stores RM250

### ► CALVIN KLEIN

#### 2/ Eternity for Men

Launched in 1990, this crisp and classic fragrance has stood the test of time, and with good reason. Its invigorating and woody tones convey

masculinity in the most subtle way, we say. Available at major department stores RM229

### ► CAROLINA HERRERA

#### 3/ 212 VIP Men

Wearing a fragrance can heighten self-esteem, and the explosive notes like vodka, frozen mint and lime

caviar, as found in this one, can produce charismatic feelings, says Dr Lim. It's a must-have if you work – and play hard. Available at major department stores RM334

### ► CLINIQUE FOR MEN

#### 4/ Moisturizing Lotion

"I like how this product leaves the skin feeling soft without the greasiness," says Dr Lim. Fast absorbing, the lotion provides all-day hydration with skin-strengthening goodies for a more youthful appearance. [clinique.com.my](http://clinique.com.my) RM148

### ► REDKEN

#### 5/ Mess Around 10

It doesn't matter what's your plan for the day, this cream-paste allows you to transform your hairstyle as and when you wish, says Mack. It's ideal for creating tousled separation and body with a natural shine finish. [redken.com](http://redken.com) RM50

### ► BADLAB

#### 6/ Call To Arms

Smelling great conveys a positive representation of the person you are, says Dr Lim. This product contains purifying FluidiPure™8G to give you all day protection against body odour and bacteria. [store.badlabco.com](http://store.badlabco.com) RM13.30

### ► LACOSTE

#### 7/ L.12.12 Jaune

Freshen up with an aromatic-fruity fragrance like this. We find that it is the distinctive blend of grapefruit, apple and cypress accords, which make this fragrance stands apart from the rest. Available at major department stores RM292

### ► DAVIDOFF

#### 8/ The Brilliant Game

The Americano cocktail consisted of campari, vermouth and soda water, cedar and tonka bean in this Davidoff fragrance creates vibrant aroma that will surely keep you stimulated, invigorated and uplifted. Available at major department stores RM225

### ► MATRIX

#### 9/ Super Fixer Strong Hold Gel

There's no messing around with this stuff: "it's a strong hold sculpting gel, which allows for added structure with shine," says Mack. "Apply on damp hair for wet looks; on dry hair for maximum hold." [matrix.com](http://matrix.com) RM35

# PHILIPS

## THE SAFEST WAY TO TAME YOUR BODY HAIR

Philips' Bodygroom BG1024 body groomer comfortably trim unwanted body hair in order to make sure that you're always ready to go. Designed to be safe even on sensitive areas, this intuitive waterproof tool is designed to allow you to get as close to 0.5mm



Learn more about the Philips' Personal Care range for men at [www.philips.com.my](http://www.philips.com.my)



### ► BODY SERIES™

#### 1/ Refreshing Body Gel

Don't be surprised by the suppleness of your skin after rinsing. The mild ingredients obtained from corn and coconuts found in this shower gel can effectively help clean off dirt while leaving a layer of moisturiser to keep it conditioned. [amway.my](http://amway.my) RM43.45

### ► SCHWARZKOPF PROFESSIONAL

#### 2/ BC Scalp Therapy Deep Cleansing Shampoo

Oily scalp? This shampoo is formulated with menthol extracts, which efficiently removes product residues from the hair, and cleanses excessively greasy scalp, says Mack. [schwarzkopf-professional.com](http://schwarzkopf-professional.com)

### ► AVEDA

#### 3/ Invati™ Exfoliating Shampoo

This shampoo unclogs the scalp with

wintergreen-derived salicylic acid. The invigorating blend of Ayurvedic herbs including certified organic turmeric and ginseng also make it an extremely rejuvenating product, says Dr Lim. [aveda.com](http://aveda.com) RM125

#### 4/ Invati™ Thickening Conditioner

Similar to the shampoo where herbs are infused to invigorate the scalp, Dr Lim points out that the soy protein and amino acids are capable of mimicking the hair's building blocks to help thicken hair from within. [aveda.com](http://aveda.com) RM123

### ► BADLAB

#### 5/ Caveman Cleanser

Lighten the load in your gym bag with this amazing 3-in-1 product for hair, face and body. Enriched with FluidiPure™8G and a blast of cooling menthol, you'll be in and out of the

shower in no time. [store.badlabco.com](http://store.badlabco.com) RM13.30

### ► L'OCCITANE

#### 6/ Cédrat Global Face Gel

The vegetable-based glycerin boosts skin hydration without leaving an unsightly greasy film, says Dr Lim. The result? Softer skin that is oil-free for the whole day. Use it morning and night to eliminate shine. [my.loccitane.com](http://my.loccitane.com) RM144

### ► PHILIPS

#### 7/ Body Groomer BG1024

Keep your body hair tamed to avoid looking like a caveman. The protective guards of this 100% waterproof trimmer let you tidy up hair even on the most sensitive body areas to as close as 0.5mm. We also like the fact that you can easily rinse it clean after we're done. [philips.com](http://philips.com). my RM109

WIN!  
A Body Hair  
Trimmer  
(see page 111)

Unique skin  
protection  
guards skin  
from blades

BG1024



# AS EASY AS IT GETS

Style your hair with this all-in-one head to toe Philips Multigroom Kit QG3380

Water-resistant and turbo-powered, this nine-piece set with full metal trimmer, body shaver, body trimmer, and adjustable combs with up to 18 length setting-easily styles your face, hair and body.

#### Major features:

- High performance trimmer for fast, easy styling of facial hair with 18 length settings
- Comfortably shave or trim hair on any area below the neck with 10 length settings
- Gently remove unwanted hair from your ears and nose without pulling
- Keep your hair neat and styled at the length you prefer with 18 length settings
- 50 minutes of cordless use after one-hour charge
- Finely ground chromium steel blades prevent skin irritation



Full-size trimmer



Detail trimmer



Detail foil shaver



Beard & moustache shaver



Nose trimmer



Hair clipper comb



Body groom shaver





# EVEN IN SENSITIVE AREAS

Safe and effective, the Philips Bodygroom BG1024 takes trimming unwanted body hair to a whole new level

You won't find a body hair trimmer as protective as the Philips Bodygroom BG1024. The unique skin protector guards even the most sensitive body areas, allowing you to comfortably, and most importantly, safely trim hair as close as 0.5mm without directly exposing your skin to the blades. What's more, the bi-directional trimmer is designed in such a way that it is possible to catch and cut hairs that grow in different directions.

Main features:

## SKIN PROTECTION

- Guard your skin, while trimming as close as 0.5mm
- Seamlessly trims hair in both directions
- Comfortably trim longer hair using the 3mm comb

## EASY TO USE

- Easy to clean and use in or out of the shower
- Includes one AA battery, up to 2 months use
- Easily store your body groomer wherever you want

## BUILT TO LAST

- No need to replace the blades
- 2-year guarantee

Learn more about the Philips' Personal Care range for men at [www.philips.com.my](http://www.philips.com.my)



# LOOK SHARP – EVERYDAY

AMWAY™ introduces ARTISTRY™ Men performance skin care for the modern man

The prestige beauty brand of AMWAY, ARTISTRY Men is a premium range of skincare products formulated to address a man's specific grooming needs. Guided by the founding principles of discovery, imagination and invention, the scientists at ARTISTRY understand that men's skin requires a customised regimen.

"Due to the presence of higher levels of testosterone, men's skin produces more oil than women's," said Dr Paul Seehra, ARTISTRY Research & Development. "Also, men's skin typically has lower levels of Natural Moisture Factor (NMF), due to a disruption of the barrier function from shaving – increasing the need for replenishment." ARTISTRY draws from years of research and skin-care expertise to develop products that meet the specific needs of men's skin.

With emphasis on oil control and hydration, they developed the exclusive DermaSync™ complex, a dual-action technology which combines both restoring and sustaining essential elements naturally occurring in healthy skin.

The exclusive DermaSync complex found in each product synchronises with the unique structure and function of men's skin in two phases.

- **Oil Control Phase:** upon contact with skin, DermaSync complex instantly absorbs excess oil at the surface, improving the look and feel of the skin. Key ingredients, including zinc PCA and butyl avocadate, a derivative of avocados, help inhibit sebum secretion, and witch hazel, a natural astringent and antioxidant, work in harmony to help regulate oil production so balance is restored and skin looks fresh.

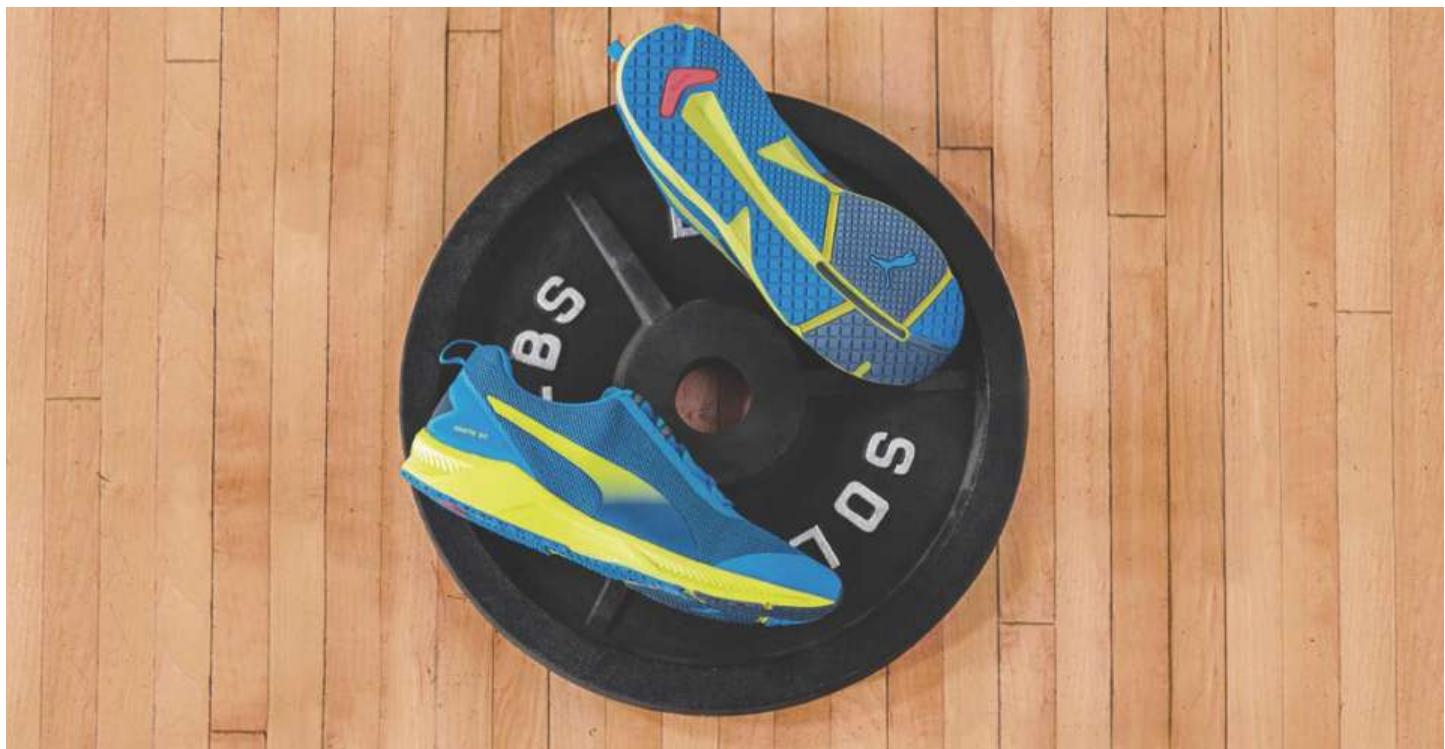
- **Moisturising Phase:** to help maintain skin's natural moisture levels, DermaSync complex deploys patented NMF liposomes containing natural ingredients and emollients including hyaluronate, soy lecithin, glucosamine, algae and yeast extract, to the deepest layers of the skin's surface to moisturize and accelerate the repair and recovery process. Skin is replenished with hydration, the barrier function is bolstered.

After four weeks of using the ARTISTRY Men products, users experienced:

- A significant reduction in the oily feel and shiny look of their cheeks and forehead.
- A reduction in visual facial dryness, including scaling due to dryness.
- An increase of facial moisturisation.



Check out our website at [mens-health.com.my/insideout](http://mens-health.com.my/insideout) for the latest event and promotion updates.



### Go Fast with Puma Ignite XT

IGNITE XT is designed to give back the energy you put into each training session. Supporting each stride is a full length Ignite Foam midsole, which provides responsive cushioning and high rebound. The flex groove enables fast and dynamic multi-directional movement. Additional heel thickness on the medial and lateral sides supports side to side movements.

[shop.puma.com](http://shop.puma.com)



### Hush Puppies Makes Walking Easy

The newest Hush Puppies Signature collection continues to deliver the 3 C's – comfort, colour and casual style. In the range, the standout Lynx Terveen features HPO2FLEX technology, a cushioned triangle footbed pattern that conforms to the way we walk, providing air circulation, flexibility and superior support.

[hushpuppies.sg](http://hushpuppies.sg)



### Soleus "Go Strapless" Campaign

Soleus launches an exciting collection of Bluetooth-enabled performance-based fitness watches and activity trackers – and amongst them is the Soleus GPS Bluetooth Smart. It features an in-built GPS receiver, accelerometer and an optic heart rate monitor for safe, optimal training. If you lose GPS signal, the watch switches automatically to accelerometer mode so to keep tracking your distance, speed and pace.

[crystaltime.com.my](http://crystaltime.com.my)



# IGNITE YOUR IMAGINATION

Creativity is the key to a look that's all yours.  
Let us show you what you can do with denim

## GAIN AN EDGE

Don't be afraid of looking boring by wearing the same colour from head to toe. "Play with texture and print," says fashion stylist Jayen Chow, "And keep it fun with a pop of colour in your accessories or footwear."

**UNIQLO** cardigan [uniqlo.com/my](http://uniqlo.com/my) RM129.90;

**BANANA REPUBLIC** short sleeve denim shirt RM229 and tweed pants RM309 [fjbenjamin.com](http://fjbenjamin.com);

**PEDRO** two-tone loafers [pedroshoes.com](http://pedroshoes.com) RM379

## AVOID THE CLASHING EFFECT

If you own a denim jacket from the early days, you'd know how much it has changed over the years. Remember: when there are plenty of prints or patterns in play, keep your colour combination to no more than three, Chow advises.

**EVISU** jacket [worldofsports.com.my](http://worldofsports.com.my) RM1,339;

**GUESS** chambray shirt [fjbenjamin.com](http://fjbenjamin.com) RM399;

**TOPMAN** pants [topman.com](http://topman.com) RM219;

**OBERMAIN** lace-up oxford shoes

[obermain.com/my](http://obermain.com/my) RM469;

**ZARA MEN** tie [rshlimited.com](http://rshlimited.com) RM119.90



## MESS WITH THE OPPOSITES

To dress up your pair of jeans, the blazer over a cardigan and a shirt combination works well, says Chow. While you're at it, try topping it off with a bow tie to inject in it an element of refinement.

**TOPMAN** blazer [topman.com](http://topman.com) RM689;  
**UNIQLO** cardigan [uniqlo.com/my](http://uniqlo.com/my) RM129.90;  
**BANANA REPUBLIC** button-down shirt  
[fjbenjamin.com](http://fjbenjamin.com) RM329;  
**GUESS** jeans [fjbenjamin.com](http://fjbenjamin.com) RM599;  
**H&M** bow tie [hm.com](http://hm.com) price unavailable



A full-body photograph of a young man with dark hair, looking slightly to his left. He is wearing a layered outfit consisting of a dark grey tweed blazer over a light blue denim jacket. Underneath, he wears a dark blue button-down shirt with a subtle floral or paisley pattern and a dark blue tie with a subtle floral or paisley pattern. He is also wearing dark blue jeans. The background is a solid, bright blue.

## PILE THEM ON

Denim on denim? Begin by pairing the different shades together, like white jeans and a blue denim jacket, or black jeans and a chambray shirt, Chow suggests. This minimises the chances of things going the wrong way.

**BANANA REPUBLIC** tweed blazer  
[fjbenjamin.com](http://fjbenjamin.com) RM929;  
**TOPMAN** denim jacket  
[topman.com](http://topman.com) RM293;  
**EVISU** chambray shirt  
[worldofsports.com.my](http://worldofsports.com.my) RM799;  
**GAP** denim jeans  
[fjbenjamin.com](http://fjbenjamin.com) RM309;  
**H&M** tie [hm.com/my](http://hm.com/my) RM49.90



## DESIGN YOUR LOOK

Putting a classic sweater together with a nonchalant chambray shirt shows off your style versatility, says Chow. And when layering, avoid shirts with bulky pockets as they'll show through the sweater and that is not the kind of look you want.

**H&M** tailored blazer RM299 and trousers RM149 [hm.com/my](http://hm.com/my);

**ZARA MEN** sweater [rshlimited.com](http://rshlimited.com) RM99.90;

**TRUE RELIGION** chambray shirt [worldofsports.com.my](http://worldofsports.com.my) RM599;

**PEDRO** lace-up oxford shoes [pedroshoes.com](http://pedroshoes.com) RM395



## BREAK RULE, TURN HEADS

Use accessories and surprising layers to amp up your ensemble. Substitute the dress shirt and tie for a more relaxed shirt and bow tie.

"You won't look out of place, and these subtle differences will reveal sophistication and originality," says Chow.

**ZARA MEN** bomber jacket RM459  
and bow tie RM99.90 [rshlimited.com](http://rshlimited.com);

**EVISU** long sleeve shirt  
[worldofsports.com.my](http://worldofsports.com.my) RM799;  
**UNIQLO** jeans [uniqlo.com/my](http://uniqlo.com/my) RM149.90

## DROP SERIOUSNESS AND TURN PLAYFUL

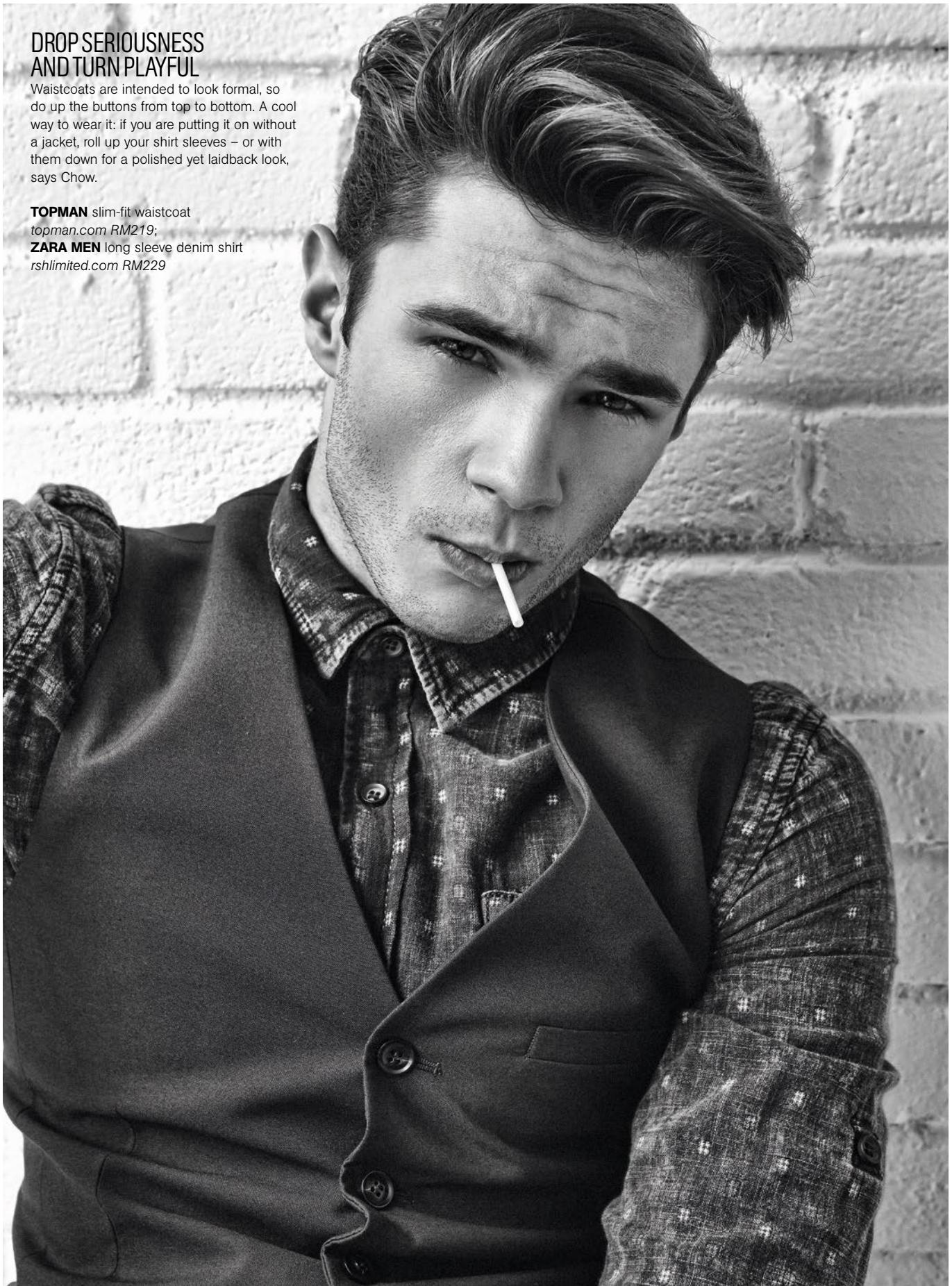
Waistcoats are intended to look formal, so do up the buttons from top to bottom. A cool way to wear it: if you are putting it on without a jacket, roll up your shirt sleeves – or with them down for a polished yet laidback look, says Chow.

**TOPMAN** slim-fit waistcoat

[topman.com](http://topman.com) RM219;

**ZARA MEN** long sleeve denim shirt

[rshlimited.com](http://rshlimited.com) RM229

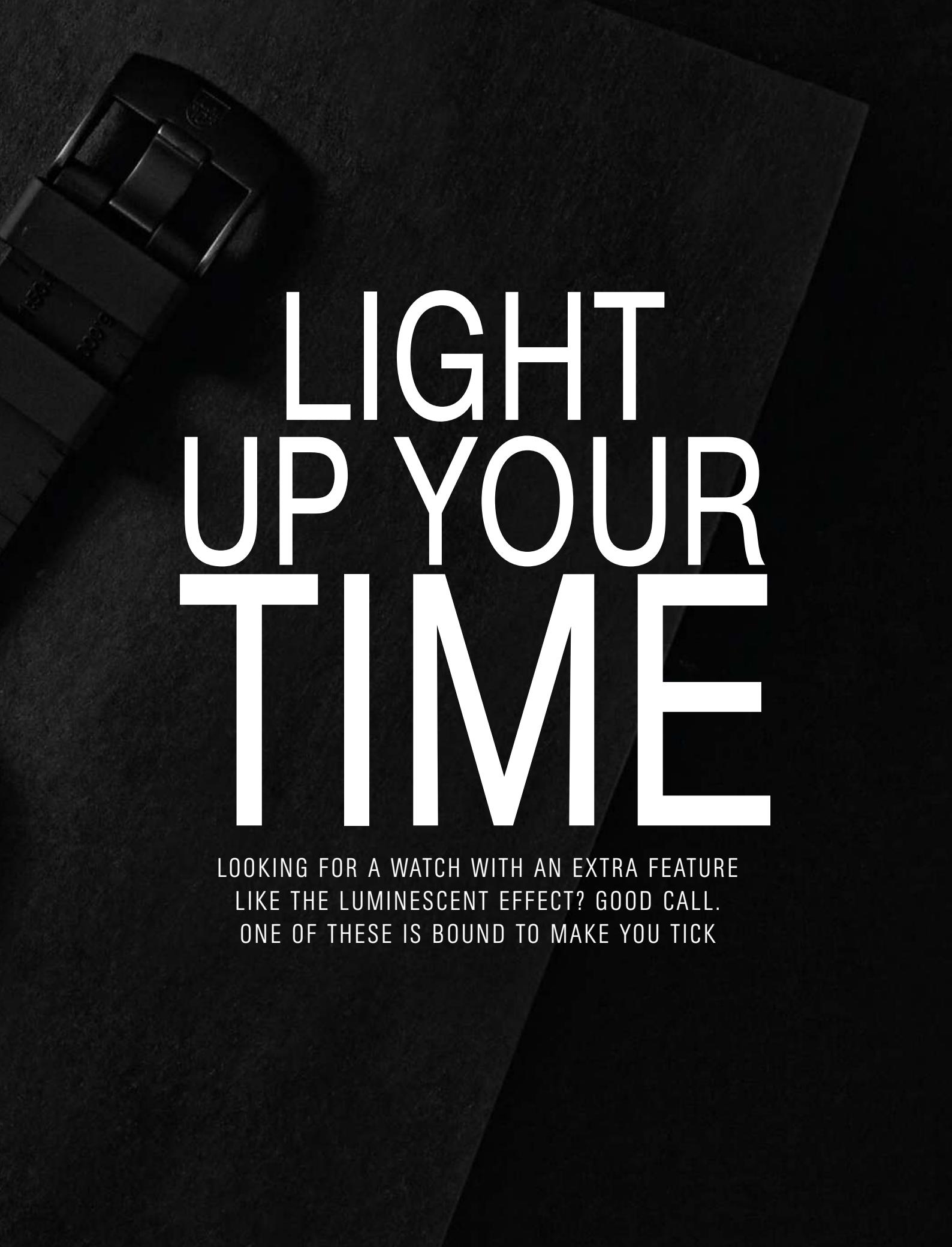


**EDOX****Chronodakar III****Limited Edition 2015**

Brushed and polished solid titanium case with black carbon fibre dial with fgreen indexes. Anti-scratch coating sapphire crystals. Edox 103 based on a Ronda 5021.D movement. Water resistant to 100 metres. [crystalttime.com.sg](http://crystalttime.com.sg) RM7,133.80

**LUMINOX****RECON Point Leader 8841KM**

Carbon reinforced PC case with night vision tubes. Anti-reflective coating sapphire crystals. Quartz movement. Water resistant to 200 metres. [crystalttime.com.sg](http://crystalttime.com.sg) RM3,328.40



# LIGHT UP YOUR TIME

LOOKING FOR A WATCH WITH AN EXTRA FEATURE  
LIKE THE LUMINESCENT EFFECT? GOOD CALL.  
ONE OF THESE IS BOUND TO MAKE YOU TICK



## ORIS

### Aquis Date

Multi-piece stainless steel case with black diamond-like carbon plated and ceramic minute scale top ring. Anti-reflective coating sapphire crystal domed on both sides. Automatic winding, bi-directionally rotating red rotor. Water resistant to 300 metres. *oris.ch RM7,300*

**TAG HEUER**  
**Carrera - Calibre**  
**Heuer 01**

Titanium carbide coated steel case for greater shock resistance. It features a strap in perforated black rubber for a sporty look yet with a renewed style thanks to its interplay of transparency and depth effects on both sides.

*tagheuer.com RM19.150*





TISSOT

**T-Touch Expert Solar**

Antimagnetic titanium case with black PVD coating. Tactile scratch-resistant sapphire crystal with anti-reflective coating. Water resistant up 100 metres. Solar quartz movement with accumulator charge indicator. *tissot.ch* RM3,600

**CERTINA**

**DS Eagle**

Brushed stainless steel with  
PVD rose-gold coating.  
Anti-reflective coating  
sapphire crystals on both  
faces. Automatic movement.  
Water resistant to 200  
metres. *certina.ch* RM6,190



# SUBSCRIBE TODAY!

2015 GROOMING AWARDS P86 **MALAYSIAN EDITION RM10**



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**Men'sHealth**

[www.mens-health.com.my](http://www.mens-health.com.my)

**mongoose**

# Men's Health

## WIN A PHILIPS BODYGROOMER BG1024 WORTH RM109!

**Goes where no razor should ever go!**

Even in your sensitive areas

Unique skin protection for sensitive areas



Philips Bodygroom BG1024 body groomer trims body hair and protects skin even in the most sensitive of areas. The unique skin protector guards against nicks and cuts while allowing you to trim your hair as close as 0.5mm. 100% waterproof and comes with a non-slip grip, you can simply rinse it clean under water when you're done and easily use it in the shower.

Completely cordless thanks to the AA battery power – the Philips Bodygroom BG1024 is ready to use wherever and whenever so you're always prepared for any occasion.

**PRIZES:**

45 winners will receive a Philips Bodygroomer BG1024 body groomer worth RM109!

**QUESTIONS:**

1. The Philips Bodygroomer BG1024 is completely waterproof. True/False
2. You can trim as close as \_\_mm with the Philips Bodygroomer BG1024.
3. What size battery will you need to power this trimmer?

**CLOSING DATE: 31 OCTOBER 2015**



### HOW TO WIN?

VISIT OUR WEBSITE, [WWW.MENS-HEALTH.COM.MY](http://WWW.MENS-HEALTH.COM.MY), TO ENTER AND WIN A PHILIPS BODYGROOMER BG1024 WORTH RM109 E-

**TERMS & CONDITIONS:** This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email

**PHILIPS**

## WIN A COLUMBIA TRAIL TREELINE WORTH RM942!



### HOW TO WIN?

VISIT OUR WEBSITE, [WWW.MENS-HEALTH.COM.MY](http://WWW.MENS-HEALTH.COM.MY), TO ENTER AND WIN A COLUMBIA TRAIL TREELINE WORTH RM942 EACH!

The Columbia Trail TreeLine provides tide information for over 200 locations throughout the world. It's a great feature for enthusiastic natural landscape photographers who seek to capture the optimal scene for a sunrise and sunset against the ocean horizon. Key functions include an altimeter, a barometer, a digital compass, a 24-hour chronograph as well as 200 tide locations. It is also water resistant up to 100 metres.

#### ABOUT COLUMBIA WATCHES

Columbia watches are designed specifically for adventure sports in the great outdoors, such as trail running, hiking, skiing, mountain climbing, white water rafting and sailing. These watches contain a wide range of trademarked outdoor navigation functions, including sailing, weather forecasting, sail timers, ski timers and tide information.

#### PRIZE:

7 winners will win a Columbia Trail TreeLine worth RM942 each!

#### QUESTIONS:

1. Name three key functions of a Columbia Trail TreeLine watch.
2. How deep can a Columbia Trail TreeLine watch go underwater?
3. Name your favourite outdoor location and why.

**CLOSING DATE: 31 OCTOBER 2015**



## WIN A STAY AT THE PATHUMWAN PRINCESS HOTEL MBK CENTER WORTH OVER RM2,500!



The Pathumwan Princess Hotel, MBK Center, Bangkok is a multi award-winning business hotel with a distinctive chic urban motif. Strategically situated with direct access to the popular MBK Shopping Center, it is within walking distance to the city's main entertainment and shopping hubs.

Boasting panoramic city views and spacious, well-appointed interiors in the center of Bangkok, the 455 beautifully appointed guest rooms and suites offer a unique blend of modern convenience and traditional Thai style hospitality.

Fitness enthusiasts can enjoy the dynamic fitness center. The Olympic Club a massive 9,000 sqm of space where guests and members can work out under the guidance of experienced, professionally trained instructors. And why not take a dip in the 25-metre saltwater swimming pool or soak up the sun on the outdoor terrace with tropical garden and two expansive outdoor Jacuzzis afterwards.

#### PRIZES:

2 winners will win a 2-night stay in a Superior Room (incl. breakfast) for 2 persons at Pathumwan Princess Hotel Bangkok.

#### QUESTIONS:

1. What is the name of the gym located in the Pathumwan Princess Hotel, MBK Center?
2. MBK Shopping Center is the mall directly accessible from the hotel. True/False
3. Name your favourite Thai dish.

**CLOSING DATE: 30 OCTOBER 2015**

### HOW TO WIN?

VISIT OUR WEBSITE, [WWW.MENS-HEALTH.COM.MY](http://WWW.MENS-HEALTH.COM.MY), TO ENTER AND WIN A STAY AT THE PATHUMWAN PRINCESS HOTEL MBK CENTER WORTH OVER RM2,500 EACH!

**TERMS & CONDITIONS:** This promotion is open to all Malaysian residents • Employees of Mongoose Publishing Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest • Late, incomplete and unclear entries will not be entertained • The decision of the judges is final and no correspondence will be entertained • Prizes must be taken as provided and are neither transferable nor exchangeable for cash • Winners will be notified by post or email

# Uncommon Wisdom



BUY Q

## A Blender That Crushes It

**SURE, THAT WHIRRING, BLADED GIZMO SITTING ON** your counter is great for whipping up protein shakes. And if that's the beginning and end of what you want to pour out of the pitcher, that trusty old machine from your college days is probably adequate. If, on the other hand, you'd like to slice, churn, pulverise, and puree your way to smooth smoothies, frosty margaritas, and even almond butter, retire that relic. Follow our advice, and your new blender will revolutionise the way you eat. —MATT

### A

More power provides huge payoffs. Basic models start at about 300 watts. That's fine for milkshakes, but harder or denser ingredients will jam your unit, possibly burning up the motor, says *Top Chef* finalist Greg Gourdet, executive chef at Departure in Portland, Oregon. To make sure you have the torque to spin through anything, look for a unit in the 700- to 1,500-watt range. "It will get you a smoother product faster," he says.

### B

Any way you slice it, a blender is only as good as its blades. You want them to be set to at least two different heights so that no food will be missed, says Lisa McManus, executive editor of equipment testing at *America's Test Kitchen*. Now check the angles: The blade tips should reach within a quarter inch of the pitcher's wall. If the gap is too large, your ice or fruit will get stuck, leaving unblended pieces behind.

### C

Take a look at the pitcher from the side. Is it V-shaped or U-shaped? If there's too much taper, your ingredients won't have enough room to drop down to the blades, McManus says. Also, a too-narrow pitcher may trap pieces of food. As for construction, copolyester and polycarbonate are great; they're more shatterproof than glass. Now feel the interior for raised measuring lines; these can catch food, making the vessel hard to wash.

### D

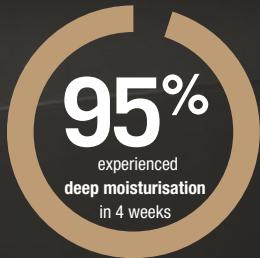
Keep in mind, it's not a dumbbell. "It doesn't need to be heavier than 4.5kg," says Gourdet. The key: the base should flare out at least as wide as the top of the pitcher to counterbalance any wobbling as ingredients shift around. In terms of settings, any blender with low, medium, and high is fine, says McManus. Switch speeds as the mixture refines. Of course, you also want a "pulse" button for salsa; your creations will be nicely chunky.

# ARTISTRY™ men

## FORMULATED FOR SUCCESS



ARTISTRY Men Serum Concentrate, with exclusive **Micro X-6 Peptide** and patented **Oat Extract**, exfoliates and smooths dry, rough skin while helping to restore firmness, minimise fine lines and improve skin radiance.



Plus DermaSync complex helps rebalance oil and moisture levels to rejuvenate skin for a noticeably more youthful look.

### Improved skin in 4 weeks

76% noticed an improvement in the appearance of their skin.



**Amway™**

Exclusively from AMWAY. For more information, log on to [www.amway.my](http://www.amway.my) or call AMWAY Malaysia at +603-79462800.



Harbour Bridge, Sydney, Australia

## A mark of true design

### Multifort Caliber 80 Chronometer

Automatic chronometer movement (officially certified by the COSC), up to 80 hours of power reserve, stainless steel case with PVD coating, sapphire crystal, screwed transparent caseback and crown, water-resistant up to a pressure of 10 bar (100 m / 330 ft).



# MIDO®

SWISS WATCHES SINCE 1918

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